SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 22 SHOPPERS DRUG MART

Thursday, August 15, 2013

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GRAPHIC FANTASTIC

CARTOONS AND PLANETS AND BEARS OH MY! THAT'S WHAT ALL THE COOL KIDS WILL BE WEARING THIS FALL

PAGE 23

Egypt in state of emergency

More than 200 people die after a government crackdown on supporters of ousted president Mohammed Morsi PAGE 8

Glamping? Yurt welcome

Two Metro reporters brave the wilds of king-size beds, fluffy pillows and Pinot Noir. Does this mean they've lost their wilderness cred? PAGES 24 & 25

WHAT HAPPENED TO SUMMER?

Clouds blow in over a mostly deserted Westboro Beach Wednesday. With a cold start to the day and a high of only 20, many in Ottawa were feeling they didn't get the long hot summer they'd hoped for. But don't worry — Environment Canada says that this has actually been a pretty average summer — not the cold soggy one you think you had — and that more nice weather is likely on the way. Story, page 4. SEAN MCKIBBON/METRO

Police seize $7 million worth of pot

Busted. Joint operation leads to 20 arrests

JOE LOFARO
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Ottawa police have arrested 20 people from Ottawa in connection with a drug bust that resulted in the seizure of marijuana that police say is worth more than $6.8 million.

"Project Power Plant proved to be very successful," said Staff Sgt. Mike Laviolette of the Ottawa police drug unit in a news release. "It has significantly disrupted the illicit production of cannabis marijuana in the Ottawa region."

Project Power Plant was a three-month operation between Ottawa police, the OPP, Ottawa Fire Services, and the Canada Border Services Agency.

Marijuana traffickers and grow operations were targeted in the sting, which involved multiple search warrants in Ottawa and within OPP jurisdictions.

Police seized more than $35,645 in currency, a 12 gauge shotgun, a crossbow, ammunition, a bullet proof vest and other weapons.

Police laid 79 Criminal Code and drug charges, as well as 33 charges under the Ontario Fire Code.

Those accused face several charges, including production of marijuana, possession for the purpose of trafficking, and theft of electricity.

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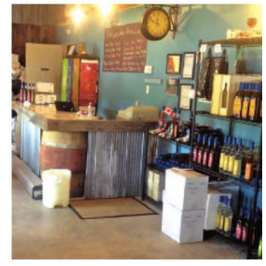

Blue Gypsy Wines is not only local and sulfite free, the winery also runs solely on a propane generator PAGE 18

Mr. Lube dude fired over boob dube move

Vaughan man questions police's priorities after losing his job for tweeting drug request while still on the clock PAGE 10

Get on the Confederation at Pimisi and take it until Hurdman

City hall's transit commission to mull 13 station names for Confederation LRT Line next week PAGE 3

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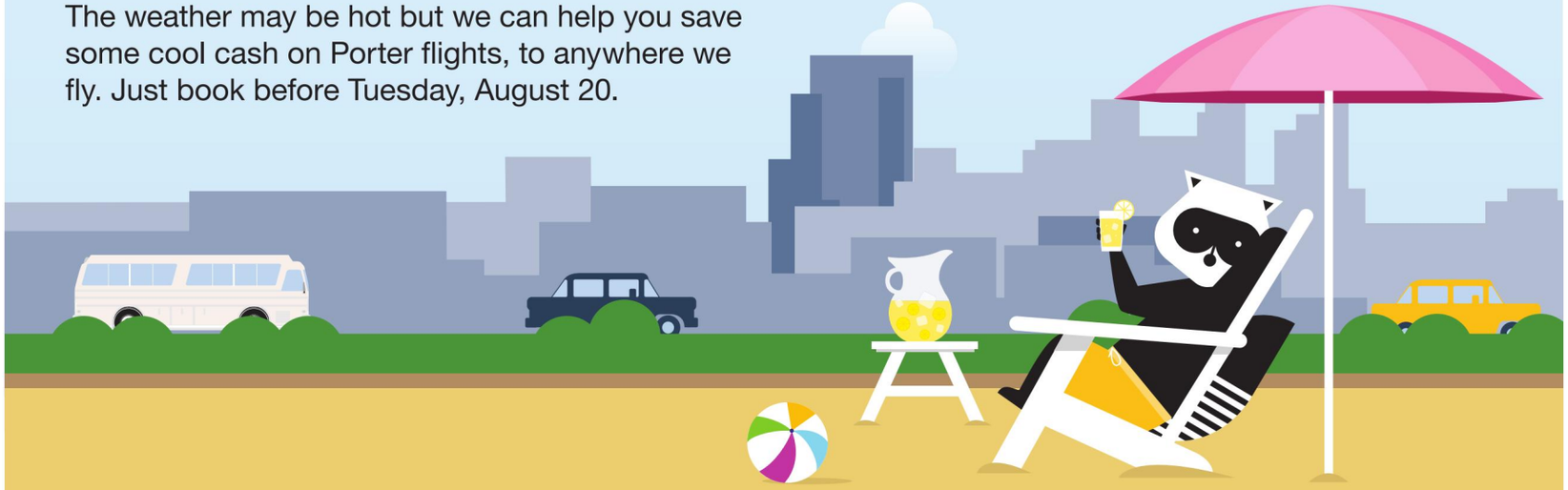

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What's in a name? Transpo finds out

Confederation Line. Algonquins of Ontario express their desire for LeBreton to be named 'Pimisi,' or 'eel'

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Ottawa City Hall's transit commission will consider 13 station names for the Confederation Line next week, and not much has changed since the initial names pitched by OC Transpo last month.

Only 1,500 citizens bothered to weigh in on the proposed station names, some of which are current Transitway stations while other names are new.

The biggest reveal was the proposed name for what is now known as "LeBreton Station." The Algonquins of Ontario were consulted on what they wanted the station to be called, and landed on "Pimisi" — meaning "eel" in the Algonquin language.

"Pimisi is considered sacred to the Algonquin people," reads the report, to be considered by the transit commission next Wednesday. "Pimisi is the prayer carrier of the waters, travelling through salt water and fresh and, according to aboriginal traditional knowledge, over wetlands."

In addition, staff are recommending that Rideau and Tremblay stations be given a "secondary wayfinding reference," indicating their proximity to the Byward Market and the VIA Rail station, respectively.

The commission will also pass judgment on the proposed exterior design of the trains, produced by French engineering giant Alstom.

Civic (in)action

1,500

Only 1,500 Ottawans weighed in on the transit station names, which will soon be considered by city hall.

The lucky 13

The remaining station names recommended are:

- Tunney's Pasture
- Bayview
- Pimisi
- Lyon
- Parliament/Parlement
- Rideau
- uOttawa
- Lees
- Hurdman
- Tremblay
- St-Laurent
- Cyrville
- Blair

$5M fire at Argos Carpets

A firefighter walks past the burned-out Argos Carpets building. A fire ripped through the building at 1914 Merivale Road just after midnight Wednesday, causing damages estimated in the $5-million range. The business is owned by Ottawa entrepreneur and philanthropist Peter Foustanellas. Firefighters immediately began a defensive approach to the blaze. One firefighter was sent to hospital with heat exhaustion. The cause of the fire was still under investigation by publication time. SEAN MCKIBBON/METRO

Ontarians pay more for beer than Quebecers: Study

The Beer Store is firing back at a new study that says the pseudo-monopoly rakes in $700 million more in profit compared to the less regulated Quebec market.

The report was commissioned by the Ontario Convenience Stores Association, who have long lobbied for the ability to sell hooch from their shops. The report was conducted by University of Waterloo researcher Anindyi Sen.

Sen took the average price of five types of beer — Molson Canadian, Molson Dry, Coors Light, Budweiser and Bud Light — and compared the prices between the Beer Store and two supermarket chains in Quebec over a 22-week period. His analysis found a roughly 27 per cent price difference between the two provinces, with Ontarians paying more.

Sen estimates about $700 million in incremental profit that brewers make in Ontario due to the Beer Store's monopoly status.

But the Beer Store's Jeff Newton raised questions about Sen's methodology, noting the calculations were based on 24-bottle packs of five types of beer in two Quebec stores.

"To get an accurate reflection for what the real pricing picture is in any jurisdiction, you have to look at many more brands than just five, you have to look at all the different pack sizes," said Newton Wednesday.

Newton also noted that beer is priced province-wide in Ontario, unlike in Quebec, and that price differences in various depanneurs and other outlets were not taken into account in the study.

ALEX BOUTILIER/METRO

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It's (not) a cruel summer

Quit complaining, Ottawa. Forget the water-cooler talk and look at the numbers, the summer is actually pretty average, meteorologist says

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It may not seem like it with day after day of soul-crushingly grey sweater weather, but Ottawa's summer temperatures are hovering around the average for this time of year.

Environment Canada meteorologist Geoff Coulson said Wednesday that a damper than average June may have got Ottawans and summer off on the wrong foot.

"Unfortunately, in a month like June, not only was it a little bit cooler than normal, but also wetter than normal, which tends to colour people's perception about how the summer has gone," said Coulson. "That kind of got the summer off on that foot."

The average temperature in June came in at 17.5 C, slightly cooler than the long-term average of 18.3 C. The real story for that month was the water — 157 millimetres of rain fell, almost double the long-term average of 85 mm, making it the wettest June since 2002.

Quoted

"In a month like June, not only was it a little bit cooler than normal, but also wetter than normal, which tends to colour people's perception about how the summer has gone."

Meteorologist Geoff Coulson

July came in actually warmer than years past, with a 21.5 C average temperature. The heat wave between July 14 and 19 did push the average temperature up, though, Coulson noted. The long-term average for that month was 20.9 C. It was also drier, with 73 mm of rain compared to the long-term average of 90.6 mm.

Since then, we've been running a bit cooler than average.

But there's hope on the horizon. Coulson said the forecast for the rest of August is looking promising, with a high of 27 C forecast for Saturday.

"That somewhat warmer than normal is expected to stay with us for a good part of next week as well. So perhaps not the 30 plus with the 40 plus humidex, but we could be seeing high 20s with humidex ratings building next week to perhaps make it feel more like the mid 30s," Coulson said.

Mryiam Nicolas, 22, from Ottawa

It's been raining a lot, so we didn't have a really good summer. Usually I would go to friend's houses to go to the pool and stuff and I wasn't able to do that as much as I could in the years before that. It's a little more cold.

Philip Powell, 26, from Ottawa

I've biked a lot, actually. I've been out probably four, five days a week. I think it's been OK. Lately it's been worse, it's rained a lot this week and a little bit last week, but other than that I've been out just about every single week.

Cody Foreman, 19, from Sudbury

You know, there's enough good days, I think, and I like the rain anyway. It's OK. I mean, I like the variety, I guess.

Band members of Ottawa's The Love Machine. COURTESY CRAIG ALLEN CONOLEY

Local band relying on public to make first Vine music video

An indie pop-rock band from Ottawa is asking social-media-savvy Internet users for help in creating a crowd-sourced music video made entirely out of Vine video clips.

"It's quite brilliant," said Mike Laing, drummer and vocalist of The Love Machine, in an interview Wednesday.

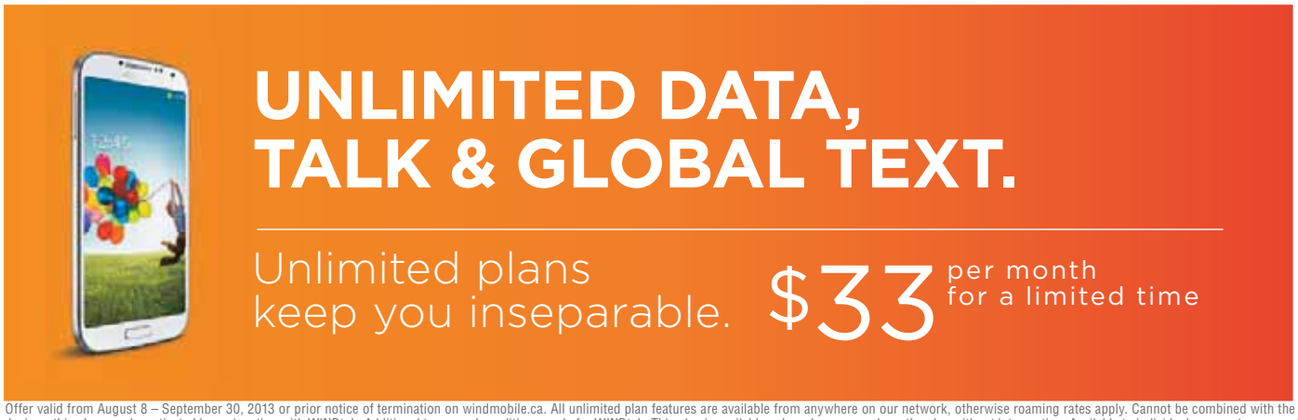
He said the idea came from the band's friends who formed the video-production company Dan Rascal. In talks with the band, they decided to make a music video made out of Vines. Vine, the Twitter-owned mobile app that allows users to record six-second video clips on an Android or iPhone, is one of the latest trends to hit the web.

The idea is users can post clips of whatever they like and add the #tlmvine hashtag online. The band will then stitch together the best clips into one collective video montage for TLM's newly released song, Sorry My Dear and release the video Aug. 24.

"(The song) is sort of about that person that you always like. Kind of like forbidden love, but even when it's available you can't really take it for whatever reason," explained Laing. "We're really open-minded for the clips. It can have nothing to do with the song or it could have something to do with the song."

To make it simple, the band uploaded a list of instructions and 33 six-second snippets of the song as a guide for participants. Six seconds limits the amount of time people have to make a video shine, but Laing says it forces them to be that much more creative.

JOE LOFARO/METRO



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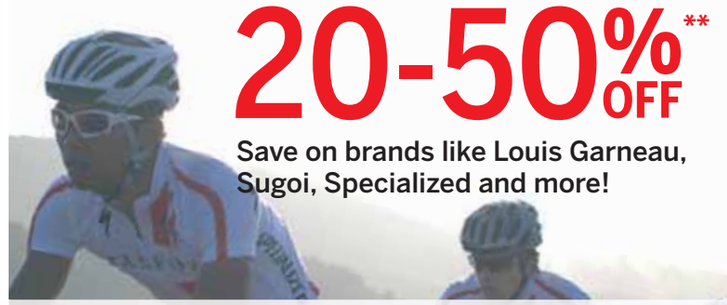

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West of Kemptville

OPP investigating fatal accident

Ontario Provincial Police are investigating a fatal collision west of Kemptville Tuesday evening.

According to the OPP, a car travelling westbound on Country Road 43 just after 5 p.m. swerved to avoid two cars, smashing into the front driver's side of a vehicle travelling in the eastbound lane.

Marian McFadden, 76, of Smiths Falls was pronounced dead at the scene. Jacqueline Jefferys, 78, of Burritts Rapids, was pronounced dead at the Kemptville District Hospital. John McFadden, 72, and Jame Howard Jefferys, 78, are in serious but stable condition.

Jennifer Anne Cooke, 18, and Clare Cooke, 20, were transported to Ottawa Civic Hospital and are listed in serious condition. Both women are from Kemptville. METRO

University of Ottawa

'Scathing' report puts freeze on new J-school enrolment

The University of Ottawa is shutting its doors to new journalism students for the upcoming school year after external evaluators warned the program is so "deeply troubled" that it is tarnishing the university's reputation.

The evaluators assessed the program in the 2010-11 school year and produced a "scathing" report in May 2012, citing insufficient theoretical courses and a lack of a sense of belonging among college students finishing their degree at the university.

Although new registrations have been stopped, the pause won't affect current students and officials hope to iron out the kinks of the fledgling program.

JOE LOFARO/METRO

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Ottawa's 'Etc.' Youth gear up for Capital Pride

No pigeonholing here. Young people carve out their own space on the Rainbow

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There's a youth component to Capital Pride week, but it's not going to be called Capital Pride Youth anymore — now it will go by the tongue-in-cheek title Etc.

"We had committee volunteer members and we had attendees who weren't comfortable telling their parents where they were going and we didn't want to influence youth to be able to be honest with their parents without giving away their sexual or gender identity," says Hannah Watt, youth co-ordinator of Etc.

The group does more than just work with gay, lesbian, bisexual and trans youth, says Watt. And it's grown beyond Pride week too. The group now works year-round creating safer spaces for youth in high schools, not just for kids who are gay, but also kids who've been picked on simply because they are "different." Some straight kids and allies weren't completely comfortable with the questions they'd get and assumption some people would make when the group had Pride in its name. And some young people nowadays just don't want to be pigeonholed, says Watt.

In fact, it was while the group was mulling the growing alphabet being added to the traditional LGBT that one member muttered "Etc." and everyone laughed, says Watt.

"That's when we knew we had a name," she said.

What's on

The Etc. committee is hosting a number of Capital Pride events.

- **Opening Party, Aug. 15 at Club Saw.** This year the theme is "Gender blender" with youth encouraged to dress in a new gender expression, wear drag, get pictures taken and enjoy "androgynous smoothies."
- **Outdoor DIY Day, Aug. 21 at Hintonburg Park.** Blowing bubbles in the sun, designing clothing alterations and making the Etc. banner for the Pride Parade.
- **Pride Prom, Aug. 23 at PTS, 331 Cooper St., Suite 200.** A cabaret-themed dance for Etc. youth.

Etc. youth co-ordinator Hannah Watt poses outside Club SAW, the venue for her group's Aug. 15 Capital Pride event. SEAN MCKIBBON/METRO

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A supporter of ousted Islamist president Mohammed Morsi shoots a gun toward police at a sit-in in Cairo on Wednesday. MANU BRABO/THE ASSOCIATED PRESS

‘God have mercy’: Hundreds die on Egypt’s bloodiest day

State of emergency. Running street battles sweep the country as supporters of ousted president battle security forces

The world looked on in shock Wednesday as searing violence engulfed Egypt.

Running street battles broke out in Cairo and other cities as a state of emergency was declared.

The white heat of anger flared when riot police backed by armoured vehicles, bulldozers and helicopters swept away two encampments of supporters of ousted president Mohammed Morsi.

And the death toll rose inexorably: At least 278 people were killed nationwide.

Canada called for calm while Egyptian-Canadians watched in horror from a distance.

Foreign Affairs Minister John Baird expressed deep concern.

Canada supports “a transparent democratic system that respects the voices of its citizens,” Baird said.

All day Wednesday, pictures and video images of the violence could be seen on the Facebook site Egyptian Canadians For Democracy.

One video posted on the page showed footage of body bags lined up on a sidewalk.

Another post read “God have mercy on Egypt.”

It was the deadliest day in Egypt since the 2011 revolution against Hosni Mubarak.

Meanwhile, Vice-President Mohamed ElBaradei, a Nobel Peace Prize laureate, resigned in protest over the violence.

He said he was not prepared to be held responsible for “a single drop of blood.”

THE ASSOCIATED PRESS

A woman holding a stick encounters a member of the security forces. IMAD ABDUL RAHMAN/THE ASSOCIATED PRESS

Deadly work

A cameraman for British broadcaster Sky News and a Dubai-based newspaper reporter were killed during the violence in Egypt.

- **The cameraman.** Sky said Mick Deane, 61, was shot and wounded while covering the violent breakup of protest camps in Cairo. He was treated for his injuries but died soon after.
- **The tribute.** Sky’s news chief John Ryley said Deane was “the very best of cameramen, a brilliant journalist and an inspiring mentor to many.”
- **The reporter.** The Dubai journalist was Habiba Ahmed Abd Elaziz, 26, who was shot in a Cairo melee. “She was passionate about her work,” Gulf News deputy editor Mazhar Farooqui said.

A shocked world

The world reacted in shock as the death toll in Egypt mounted relentlessly.

- **In Canada.** NDP foreign affairs critic Paul Dewar told an Ottawa news conference that the Harper government and others around the world should insist that Egypt tell its military to stop the crackdown.
- **In America.** Secretary of State John Kerry gave a stern warning to Egypt’s leaders, urging them to calm the situation. “This is a pivotal moment for all Egyptians,” Kerry said. “The path toward violence leads only to greater instability, economic disaster and suffering.”

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FREE LOCAL DELIVERY*

David Hilder
HAMPSHIRE POLICE/THE ASSOCIATED PRESS

Cat DNA sends U.K. killer to jail

Database. Feline hair found on victim traced to neighbour's cat

A British university said Wednesday its DNA database of British felines helped convict a man of manslaughter.

The Veterinary Genetics Laboratory at the University of California, Davis, has used animal DNA to catch criminals for more than a decade. Investigators in Britain tapped the lab to identify the cat hair discovered around the dismembered torso of David Guy, 30, who was found hidden in a trash bag on a British beach in July 2012. Detectives matched the hair to a cat belonging to the man's friend David Hilder, but because the genetic material was mitochondrial DNA — which can be shared among a large number of animals — the strength of the match couldn't be known.

Quoted

"The 10 million cats in the U.K. are unwittingly tagging the clothes and furnishings in more than a quarter of households." Jon Wetton, University of Leicester.

Jon Wetton from the University of Leicester was asked to create a repository of cat DNA for the Hilder case, gathering samples of mitochondrial DNA from 152 felines across England. "Only three of the samples obtained matched the hairs from the crime scene," Wetton said.

However, a host of additional evidence — including traces of Guy's blood discovered at Hilder's residence in southern England — was enough to secure the 47-year-old's conviction.

THE ASSOCIATED PRESS

Police use Twitter, too.
Mr. Lube dude's tweet for weed quickly goes to pot

Canadian Twitter user Sunith Baheerathan's tweet requesting prospective marijuana sellers to bring some of their wares to a Mr. Lube location in a Toronto suburb has turned into a job hunt.

That location was Baheerathan's place of employment until Tuesday, according to both the company and Baheerathan's own tweets.

"Any dealers in Vaughan wanna make a 20sac chop? Come to Keele/Langstaff Mr. Lube, need a spliff," Baheerathan wrote.

The tweet went viral when it caught the eye of local police. "Awesome! Can we come too?" read a retort from the York Regional Police's official Twitter feed.

Moments later the Twitter exchange was a trending topic in Toronto. Shortly after that, Baheerathan found himself looking for work.

"Just got the call of termination," he tweeted.

"I've lost complete hope in society man. There's killers/rapists/people missing and all they care about is a dude asking for weed," he wrote in another tweet.

"Gotta watch what you tweet nowadays, even the freedom of speech & the right to an entitled opinion isn't safe," read another.

THE CANADIAN PRESS

A marijuana plant flourishes under grow lights at a warehouse in Denver, Colo. THE CANADIAN PRESS FILE/THE ASSOCIATED PRESS FILE

Toilet-cleaner IEDs

Beauty queen has a blast but forced to give up crown

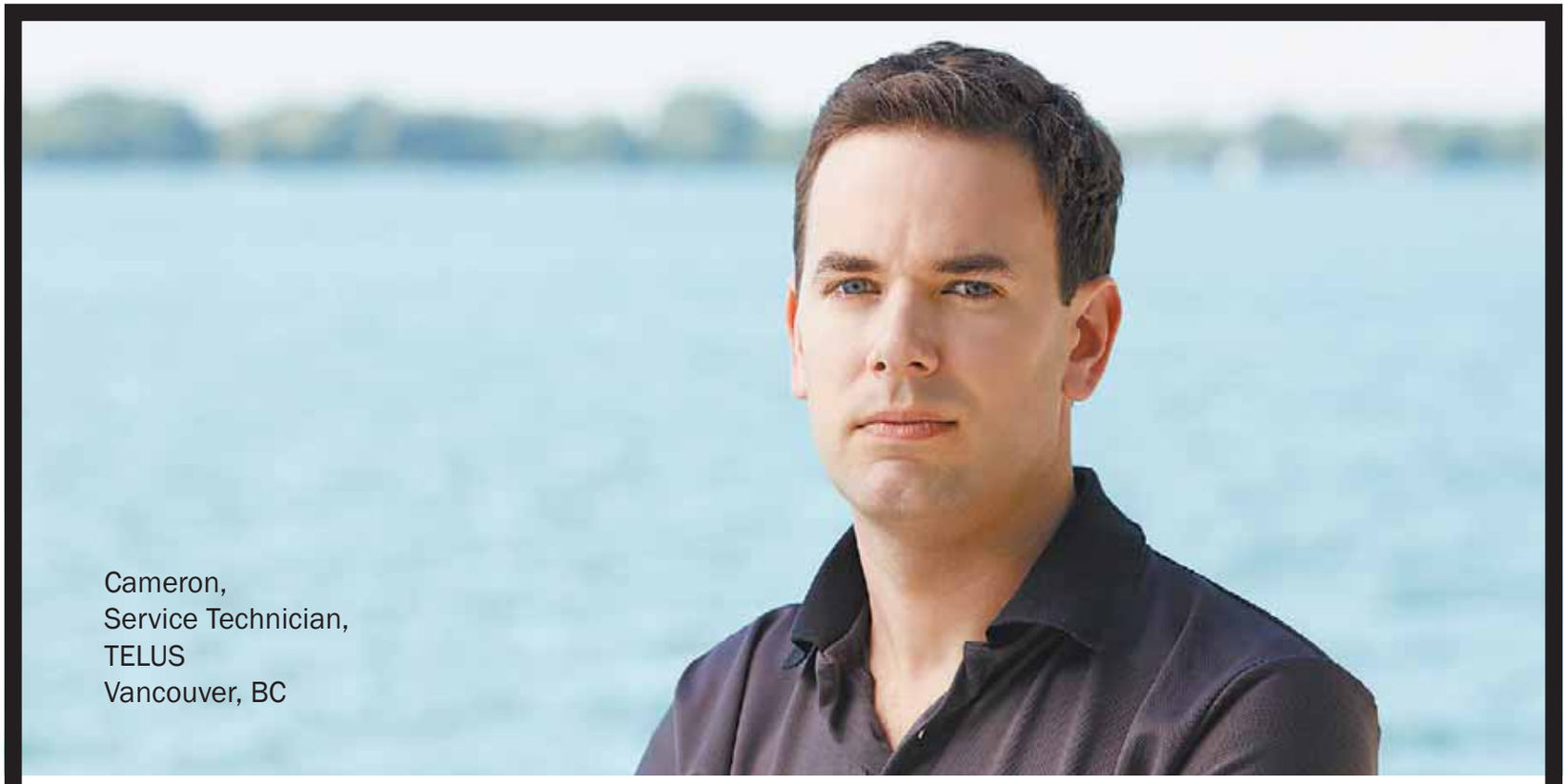
A U.S. beauty pageant winner charged with tossing homemade bombs from a vehicle has relinquished her crown.

Kendra McKenzie Gill says she and her friends feel terrible about the incident, but she insists they were just playing a practical joke and never threw the explosives at people.

Gill and three friends were charged last week with four felony counts of possession of an explosive device. Prosecutors say the 18-year-olds drove around town Aug. 2 and tossed plastic bottles of toilet-bowl cleaner and shrapnel at people and property.

Nobody was injured.

Gill had been Miss Riverton, Utah. THE ASSOCIATED PRESS



Cameron,
Service Technician,
TELUS
Vancouver, BC

How does losing thousands of Canadian jobs in the cellphone industry help Canada? It doesn't.

When I found out that our government is getting a giant U.S. cellphone company to come to Canada, I thought, how's this going to affect jobs? Experts are saying most of their good jobs will stay south of the border. Most of their profits too. But it gets better. Better for them. Even though this company is four times as big as all of Canada's cellphone companies combined, they're effectively getting a huge discount to enter Canada. The U.S. giant gets to use the existing infrastructure it took Canadians over 25 years to build, and they didn't contribute a cent. So Canadian taxpayers will effectively be subsidizing the whole thing. Will there be thousands of jobs lost? Think about it.

The whole thing doesn't sound fair for Canadians. Ottawa should do something about the loopholes. Fast.

To find out more, go to FairForCanada.ca

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Sweetheart deals for U.S. giants are a bad call for you.

WikiLeaks. Soldier sorry for biggest-ever U.S. leak

U.S. soldier Bradley Manning apologized Wednesday for hurting his country at his sentencing hearing in the WikiLeaks case, pleading with a military judge for a chance to become a productive citizen.

He addressed the court after testimony about his troubled childhood and the extreme psychological pressure that experts said he felt in the "hypermasculine" military because of his gender-identity disorder — his feeling he was a woman trapped in a man's body. One psychiatrist said Manning has symptoms of fetal alcohol syndrome and Asperger syndrome.

Manning's attorneys contend he showed clear signs of deteriorating mental health that should have precluded him from handling classified information in a war zone.

The soldier said that he understood what he was doing but did not believe that leaking a mountain of classified information would cause harm.

His tone was at odds with the statement he gave in February, when he condemned the U.S. military's "bloodlust."

The leaks included a video of a 2007 U.S. helicopter attack that killed civilians in Iraq, including a Reuters news photographer and his driver.

THE ASSOCIATED PRESS

Andrew MacDougall

Harper spokesman leaves with laugh

Prime Minister Stephen Harper's director of communications is stepping down to take a job in the U.K. with one of the world's largest communications firms, Publicis Groupe.

Andrew MacDougall's trademark humour was clearly intact in a letter circulated Wednesday within the Prime Minister's Office.

"To my team, thank you for letting me be your boss. On most days you made me look good, except when you screwed up and made yourselves look bad," he wrote.

THE CANADIAN PRESS

Tory rivals leap on audit to rebuke Senate, Harper

New Democrat MP Paul Dewar calls for an end to the Senate alongside fellow MP Nycole Turmel on Wednesday. SEAN KILPATRICK/THE CANADIAN PRESS

Pam Wallin freefallin'. Travel expenses used to attack PM's judgment, Senate's right to exist

With the Senate expense scandal burning ever brighter, the Conservative government's rivals wasted little time Wednesday making political hay out of a scathing audit of Sen. Pamela Wallin's travel claims.

The New Democrats amplified their long-standing call to abolish the Senate, while the Liberals accused Prime Minister Stephen Harper of showing poor judgment when he vouched for Wallin's expense claims earlier this year.

"In terms of Sen. Wallin, I have looked at the numbers," Harper told the House of Commons in February. "Her travel costs are comparable to any parliamentarian travelling from that particular area of the country over that period of time."

The Prime Minister's Office says Harper was only talking about Wallin's overall travel costs, not her individual claims.

The Harper government has no choice but to abolish "this institution that was created before we had electricity," said the NDP's Paul Dewar, reprising a long-held New Democrat credo.

"It's not just about the claims and if they're legitimate. It's about, 'Is this body legitimate,' and we don't think it is," Dewar said.

THE CANADIAN PRESS

Cut out the root

"I think most people understand that this is an institution that needs to be sent packing, period."

New Democrat MP Paul Dewar, on the Senate

There's a page for that in the new IKEA Catalogue.

Visit IKEA.ca/Catalogue to see it now.

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Two penguins die in two days at Calgary Zoo

Juntos and Guillermo. Pair of Humboldt penguins, both three years old, died of a suspected infection, says staff veterinarian

Calgary Zoo officials say another Humboldt penguin died late Tuesday night, the second death in as many days.

The three-year-old animal named Juntos came to Calgary from the same zoo in Syracuse, N.Y., as Guillermo, another three-year-old penguin of the same species that died on Monday.

"I have conducted the post-mortem examinations on both penguins and, while we are waiting for confirmation, the results are most consistent with an infection caused by the bacterium Chlamydophila psittaci, a disease that can affect both wild and captive bird populations including penguins," Dr. Doug Whiteside, senior staff veterinarian with the Calgary Zoo, said in a release.

"Test results will confirm this diagnosis," Whiteside added, "but in the meantime we are treating the remaining eight Humboldts and two gentoos that share the outdoor exhibit to do our best to prevent further losses."

Zoo officials said it's possible that the Humboldts arrived in Calgary already carrying the diseases, as it can be latent in the birds for months, or even years, and go undetected in quarantine testing.

METRO IN CALGARY

The Calgary Zoo announced that one Humboldt penguin died Monday, then a second on Tuesday. FACEBOOK

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More than 10,000 yrs. old

Petroglyphs in Nevada oldest in North America

Ancient rock etchings along a dried-up lake bed in Nevada have been confirmed to be the oldest recorded petroglyphs in North America — more than 10,000 years old.

Larry Benson, a U.S. Geological Survey scientist says the art on the limestone boulders could have been drawn as long as 14,800 years ago.

THE ASSOCIATED PRESS

RCMP in Richmond, B.C.

Passerby stops armed kidnapping

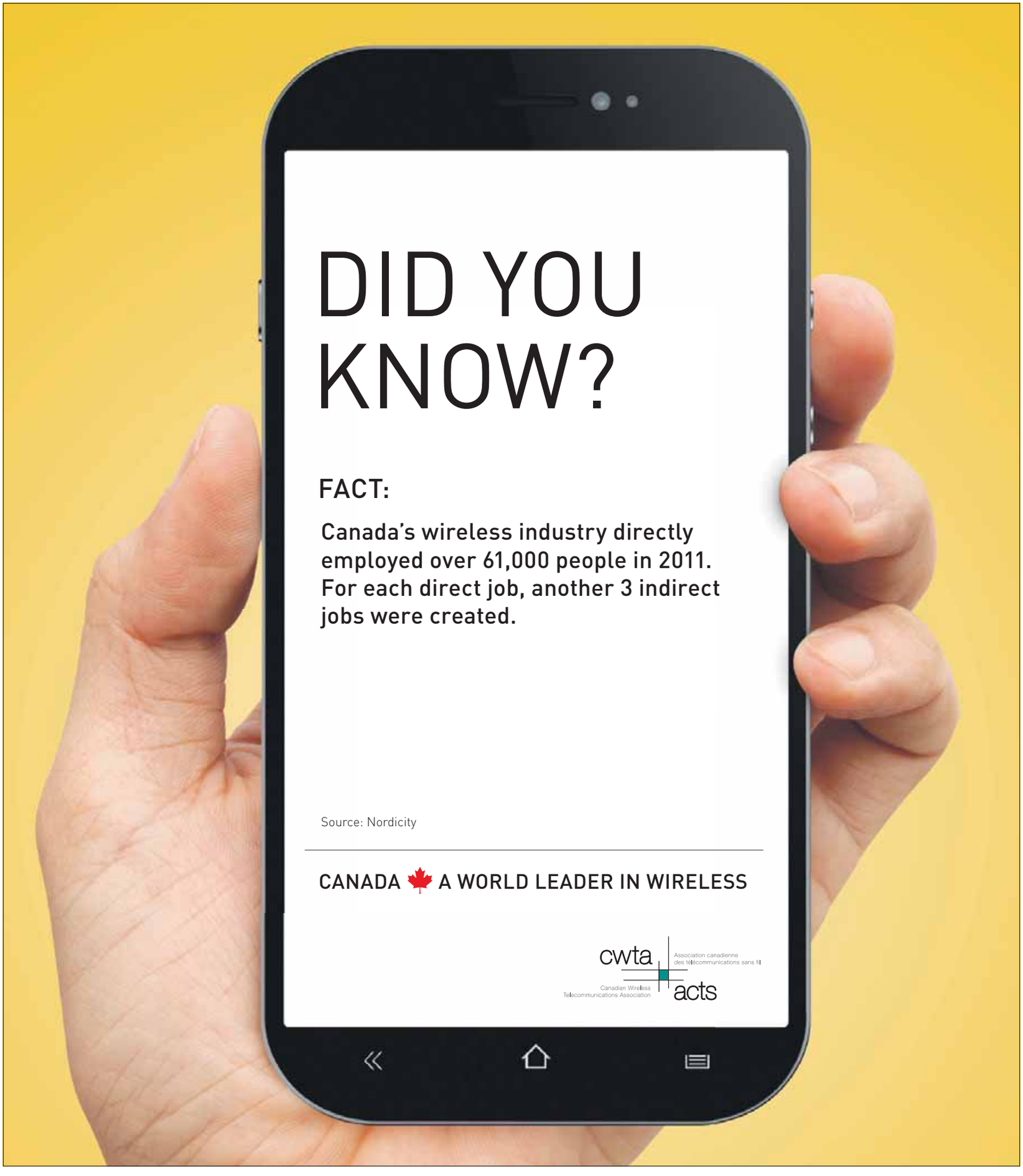
The Vancouver-area RCMP are crediting a quick-thinking passerby for thwarting a kidnapping.

A news release says police were called in Richmond, B.C., by a member of the public who saw what he believed was a kidnapping.

The person reported seeing four suspicious-looking men approach another man, put his son into a vehicle and handcuff the man. THE CANADIAN PRESS

A new pet for Baby George?

Britain's Prince William, the Duke of Cambridge, handles a Harris Hawk during a falconry display as he attends the Anglesey Show, in Anglesey, North Wales, Wednesday. The Anglesey Show is the largest two-day agricultural event in North Wales. ANDREW YATES/POOL/THE ASSOCIATED PRESS


DID YOU KNOW?
FACT:
Canada's wireless industry directly employed over 61,000 people in 2011. For each direct job, another 3 indirect jobs were created.
Source: Nordicity
CANADA A WORLD LEADER IN WIRELESS
cwta
Canadian Wireless Telecommunications Association
Association canadienne des télécommunications sans fil
acts

Roommates set out to buy nothing for a year

Less is more.
'I realized these things don't make me any happier,' Calgary man says of the 'stuff' he has already accumulated

ROBSON FLETCHER
Metro in Calgary

Two Calgarians are taking the Buy Nothing Day concept and multiplying it by 365.

Roommates Geoff Szuszkiewicz and Julie Phillips set out on a Buy Nothing Year on Aug. 3, an undertaking they plan to continue until the same date in 2014, when Szuszkiewicz turns 31.

As part of this "life experiment," the pair has immediately given up spending money on household and personal items — including things like cleaning products and clothes — and they plan to eventually ramp it up to a point where they pay for nearly nothing.

"In three months we're going to discontinue purchasing of services — that means we're not going to be buying haircuts, eating out any more or paying for transportation," Szuszkiewicz explained.

They already have a head start on that phase, however: Phillips's car broke down and she opted to give the beater away rather than fix it. She now uses a bike as her main mode of transportation, while Szuszkiewicz has given up the bus and commutes to work on foot.

By the final month of the experiment, they aim to give up spending on groceries, relying instead on an at-home aquaponics system (built with donated or bartered materials) and supplementing their food stocks through trade.

They do plan to continue paying their power bill, however, and use their previously purchased electronics to document their journey online.

"We don't want to be these extremist hippies living without electricity," Phillips laughed.

If they make it all the way through the year — and Szuszkiewicz admits "there could be room for failure" — they plan to use some of the money they save to set up a grant program for others interested in taking on projects with similar philosophies.

That, and a little reward for themselves.

"We'd like to go on a trip to Thailand and get tattoos," he said.

Who needs it? And what does need even mean, anyway?

The pair got the idea after the June flood forced Julie Phillips to change her accommodation plans and move in with her friend Geoff Szuszkiewicz.

- Phillips said she had to get rid of about 80 per cent of her "stuff" in the process, forcing her to re-examine her definition of "necessity."
- To follow their journey online, visit buynothingyear.com.

Julie Phillips and Geoff Szuszkiewicz hold Pepper, whom they're "bunny-sitting" for a friend in exchange for wine. The pair expects bartering to figure prominently in their Buy Nothing Year. ROBSON FLETCHER/METRO

Amazing $#!@& Race

Bodybreak guru admits she cussed

BodyBreak fitness guru Joanne McLeod has issued a statement admitting she used a swear word during Monday's episode of The Amazing Race. McLeod and partner Hal Johnson, known to Canadians for their sunny TV family fitness vignettes, were eliminated from the series after an arduous test in Regina this week. During the episode, McLeod seemed to drop an F-bomb. THE CANADIAN PRESS

Market Minute

DOLLAR
96.82¢ (+0.14¢)

TSX
12,639.30 (-2.89)

OIL
$106.85 US (+2¢)

GOLD
$1,333.40 US (+$12.90)

Natural gas: $3.34 US (+6¢)
Dow Jones: 15,337.66 (-113.35)

COUR DU QUÉBEC

CANADA
PROVINCE DE QUÉBEC
DISTRICT DE ROUYN-NORANDA
LOCALITÉ DE ROUYN-NORANDA

No. 600-22-002092-139
DATE: 12 juillet 2013

COMMISSION SCOLAIRE DE ROUYN-NORANDA c. CHERYL ROPER ANDREWS
Partie demanderesse — Partie défenderesse

ASSIGNATION (139 C.p.c.)

PAR ORDRE DU TRIBUNAL :

Avis est donné à la partie défenderesse que la partie demanderesse a déposé au greffe de la Cour du Québec du district de Rouyn-Noranda une requête introductive d'instance en recouvrement de taxes scolaires. Une copie de cette requête et de l'avis au défendeur ont été laissées à l'intention de la partie défenderesse au greffe du tribunal, au palais de justice de Rouyn-Noranda situé au 2 avenue du Palais.

Il est ordonné à la partie défenderesse de comparaître dans les 30 jours de la publication de la présente ordonnance.

À défaut de comparaître dans ce délai, un jugement par défaut pourrait être rendu contre vous sans autre avis à l'expiration de ce délai.

STEPHANIE PAQUIN, greffière

Retail. Metro plans to shake up Ontario grocery stores

Grocery retailer Metro is reorganizing its Ontario store network and will become the exclusive operator of Target's pharmacies in Quebec as it continues to adjust to intense competition and dramatic changes in the Canadian supermarket and pharmacy businesses.

The Montreal-based company, one of Canada's largest grocery retailers, said 15 stores would be affected including six Metro stores in Ontario that will be converted to the Food Basics discount banner and up to three underperforming locations that will be closed over the coming months.

Metro said it will also offer buyouts to an unspecified number of unionized employees at the other Ontario stores affected as it aims to reduce its labour costs. It declined to say how much will be saved or how many people will be let go.

Meanwhile, Target Corp. will partner with a Metro subsidiary under an agreement that will see Brunet own and operate 18 pharmacies that Target will open next summer in Quebec.

THE CANADIAN PRESS

Store count

263

The company has 263 Metro and Food Basics stores in Ontario.

Grocery retailer Metro said Wednesday that six stores in Ontario will be converted to the Food Basics discount banner and up to three underperforming locations will be closed over the coming months. TORSTAR NEWS SERVICE FILE

Tech trouble. Thai villagers block Google Street View car

Internet giant Google's Street View project, which has raised privacy concerns in several countries, has ignited a minor uproar in northern Thailand where villagers suspected its cameras were surveying for an unwanted dam project.

Google's regional communications manager Taj Meadows said Wednesday that the company was aware of the incident in Sa-eab village in Phrae province, in which about 20 residents blocked a Google camera-equipped car. Google's project takes photos to accompany its Google Earth map program.

The Manager newspaper reported that the villagers took the vehicle's driver to a local office to quiz him, then to a temple where they made him swear on a statue of Buddha that he was not working for the dam project.

The Prachatai news website said the villagers released the driver and later apologized to him and to Google.

Sa-eab village, 615 kilometres north of Bangkok, is known for its long-running dam protests by villagers and environmental groups.

"(We) apologize to the official, to Google, as well as to the Thai people throughout the nation and to the citizens of the world," the villagers' representatives wrote.

They explained that they were "extremely worried and there had been so many repeated cases that convinced the villagers to believe someone was trying to survey the area in disguise."

THE ASSOCIATED PRESS

A Google camera is carried on a Florida beach. The Street View project caused a spat in Thailand when villagers thought the cameras were secretly surveying for a dam. VISIT FLORIDA/THE ASSOCIATED PRESS FILE

ROB FORD REALITY ROUNDUP

HE SAYS

John Mazerolle
metronews.ca

The Beaver Examiner brings you the latest fake news: **Alleged Drug Dealer in Photo Mortified to Appear with Rob Ford**

A 25-year-old man facing drug trafficking charges who appears in a newly distributed photo with Toronto Mayor Rob Ford says he is "deeply embarrassed" by it. "I'd like to apologize to my family, gang, and to anyone else I might have offended," said the man, who spoke to The Beaver Examiner on condition of anonymity. "I pose for a lot of photos, and if I had known it was Rob Ford, I would have politely declined." The uproar recalls a controversy last year when Ford appeared in a photo with a white supremacist. The supremacist later apologized.

'Bizarre' Viral Video Shows Rob Ford Working at Some Sort of White-Collar Job

Saying they've "never seen anything like it," millions of Internet users have watched a new video that shows controversy-prone Rob Ford working away at some sort of bureaucratic job. Vancouver resident Rob Blumer says he has watched the video, Zoning Amendment SD-97, on YouTube a dozen times. "It's bizarre," Blumer said. "I clicked it waiting to see Ford say something crazy, but he just stands there, talking with other guys in suits. It looks like he's in, like, a meeting hall." Blumer said. Ford never swears, walks into anything or falls over despite the video's length of almost 11 minutes. "I don't know what it means," Blumer said. "Maybe it's performance art."

Stephen Harper Resigns After Doing Any One Thing Rob Ford Has Done

Prime Minister Stephen Harper has resigned in disgrace after doing any one thing that Toronto Mayor Rob Ford has done. Exact details are still sketchy, but it's believed Harper may have lied about a DUI conviction, used his staff for personal business, threatened a couple at a hockey game, been accused of smoking crack, or said cyclists who die have only themselves to blame. "Whatever it is that he did, this is an unprecedented controversy for Harper and I see no way for him to recover from it," said political scientist Martin Lye. "No politician can do any one thing Rob Ford has done and still be electable."

'Fiscal Record What's Important,' Doug Ford Says as he Chases Incoherent, Naked Rob Ford Through Shopping Centre

Coun. Doug Ford launched a spirited defence of his brother Rob Ford's record Friday while frantically searching for the mayor in a downtown shopping centre where he had last been seen running naked and repeatedly yelling "Woo!" Lashing into assembled media, Ford said that reporters were only focusing on Rob Ford because he had apparently set his clothes on fire before running around the blaze in a circle shouting 'Let's party!' — forgetting that he had saved the city "more than a billion" dollars. "You can't attack us on our record, so you attack us just because he's over there skinny dipping in the coin fountain." As he propped up his brother from the fountain, Doug Ford noted that his brother had retrieved 45 cents on behalf of taxpayers.

ZOOM

Signed, sealed, delivered

DAVID HECKER/GETTY IMAGES

Rescued seals make their way home

Tim Fetting, left, and Peter Lienau from the Seehundstation Norddeich release young seals on the beach of the islands of Juist on Wednesday near Norddeich, Germany. The Seehundstation Norddeich is a facility for raising young seals who were separated from their mothers due to storms, disease or human disturbance and who would otherwise have little chance of survival.

Volunteers collect about 90 young seals a year from the North Sea German coast and care for the pups until they weigh about 25 kilograms before releasing them back into the wild. Sponsors pay for the costs of caring for the seals and get to name them. GETTY IMAGES

A zookeeper feeds herring to young seals in the Seehundstation.
DAVID HECKER/GETTY IMAGES

Sorry kids, I got to go

- Four to 50 days is the length of time true seals (pictured) suckle their pups.
- This is because their feeding ground is usually far from shore, so after lactation the mother will dash, foraging to replenish depleted energy.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

A tragedy happened in Egypt Wednesday, and the situation there is unlikely to improve soon. If you want a closer look at what's happening, here are three Twitter handles worth following.

Supporters of ousted Egyptian President Mohammed Morsi run from Egyptian security in Cairo on Wednesday.
MANU BRABO/THE ASSOCIATED PRESS

Andy Carvin (@acarvin):

National Public Radio's senior strategist is a peerless curator of news from around the world, with a particular shine for the Middle East and a talent for finding citizen images.

Samer Al-Atrush (@sameralAtrush):

A Cairo-based wire journalist who frequently treats his Twitter feed as a public display for his reporter's notebook, which can obviously contain grim stuff.

Heba Morayef (@hebamorayef):

The Egypt director for Human Rights Watch is on the ground in Cairo, where she regularly posts updates from field hospitals and protest sites.

Comments

RE: Ladies, If You've Ever Tried To Get Your Man To Care About Home Decor, Be Careful What You Wish For, published Aug. 13

This article did nothing but state the perfectly obvious: cohabitation means compromise. But the title reads like, "Ladies, make sure you don't get your man interested in decor, because you won't get your way."

I find the piece rather rude, and it's more of a blog update on Jessica's personal living situation than offering couples any practical or emotional advice of *how* to work out a compromise. Sorry that you went to all that trouble to force your partner's opinion out of him, only to find he disagrees with you.

Aeric posted to metronews.ca

Twitter

@metropicks asked: Volvo's technology detects cyclists and stops if needed. Is it the solution to cyclist fatalities?

@WilMcQueen: Lowering cyclist deaths can be achieved by cyclists not being self-righteous a—holes, weaving, red-light runners.

@benrankel: The only way to make driving really safe is to remove the most fallible element – the human driver.

@neanderstaal: Drivers paying attention is the real solution to cyclist (and pedestrian and motorist) fatalities.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: ottawaletters@metronews.ca

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Blue Gypsy Wines is off the beaten path and totally off the grid, too. COURTESY LOUIS GAAL

Have your wine, guilt-free

Sustainable sipping. Blue Gypsy Wines makes their vino completely off the grid using local produce in their mixes

BACKSTAGE PASS
Jen Traplin
ottawa@metronews.ca

Blue Gypsy Wines, a relatively new winery located about 45 minutes outside of Ottawa in Oxford Mills, maintains a low-impact approach to fruit wine making.

For starters, the farm that owners Louis Gaal and his wife Claire Faguy operate is completely off the grid.

"We don't have a single wire running to the road," says Gaal.

The farm isn't connected to hydro and doesn't even have a telephone line.

Instead, they use cellphones, a wireless modem for Internet access and a propane generator that charges a bank of batteries, providing power to the building.

Gaal says they even have a wind turbine that will be put up soon and eventually they want to install solar panels.

Gaal and Faguy use their farm to grow the fruit for their various wines. What they don't grow, they source locally — within 50 to 60 kilometres of their farm. The only fruit they don't grow or buy locally are their wild blueberries, which still come from within the province.

"It just makes a lot of sense to stay local.

"When we look at our philosophy of not contributing to greenhouse gases and that sort of thing, if I'm going to be trucking fruit from Mexico, I'm not going to be doing anything for local farmers and I'm putting thousands of miles on every pound of fruit. It just doesn't make sense," Gaal explains.

"We're local; we want to help local farmers.

"Your business will live and die by the local population so, if you don't do your part to support local growers and consumers, why should they do it for you?"

Another philosophy that Blue Gypsy Wines is committed to is not adding sulphites to their fruit wines.

According to the LCBO, sulphites are typically added as a preservative during the winemaking process, but that's not the case with Blue Gypsy Wines.

Gaal says his wife discovered she was allergic to sulphites when they first began making wine from kits years ago, so they started making theirs without any added sulphites, a practice they continue today.

"We found that, if we waited long enough, the wines would not re-ferment, so we took that philosophy and applied that to the fruit wines and that's why they sit for a year," says Gaal.

If you go...

Blue Gypsy Wines' farm is open from 11 a.m. to 5 p.m. on Saturdays and from Noon to 5 p.m. on Sundays. For additional information, go to bluegypsywines.com.

BYWARD MARKET
MARCHÉ BY
Ottawa
The Great ByWard Market Sidewalk Sale
Saturday August 24 & Sunday August 25
at participating businesses
Summer sales & fabulous fall finds!
See The Ottawa Custom Cycle Society on William Street after the annual ride for cancer research on Sunday August 25 from 1 p.m. - 2:30 p.m.
www.byward-market.com | @ByWardMarketBIA
Shop Great Until Late
Many ByWard Market shops are open late on Thursday evenings until Labour Day so you can find last-minute items on the way home from work!
FREE on-street parking after 5:30 p.m.

Harrison Ford, left, enjoyed playing the villain role in Paranoia. CONTRIBUTED

Ford isn't as scary as he is on screen

Interview. He has a reputation now for being impatient with poor interviewers, but it's not half as scary as his role in the new thriller Paranoia

MATT PRIGGE
Metro World News

Harrison Ford isn't as terrifying to talk to as you might have heard. Over the years he's gotten a reputation as gruff, pissy, overly succinct and transparently wishing he was somewhere else. This isn't completely untrue — as long as your questions aren't too dumb, and especially if they aren't about Star Wars or Indiana Jones. Now 71, he's relaxed into supporting or at least co-lead roles, which he continues as one of the villains in the tech world thriller Paranoia. And though we were too scared to ask him about his involvement in the next Star Wars entry, we did get some information on his newest flick.

Paranoia touches on some important issues: income gaps, greed, health insurance. Were these what drew you to the film?
No. I was drawn to the character and the relationships, and the manipulation of an ambitious young person by two powerful businessmen. The cat and mouse of the whole thing is what interested me — and the opportunity to play a character different from what I've played lately. I haven't played the bad guy for a very long time.

He's not just a stock villain, though. He actually seems, for a time, genuine.
That's what I liked about it. He's a manipulator. And he has a ripe one on his plate. What interested me was the complexity here. There's not only corporate greed and perfidy; there's a young man who has a bit of the blind ambition issue. So he's ripe for manipulation.

Putting away the whip

"It's just something different. It's something unexpected for the audience."
Harrison Ford
On his movie Paranoia.

What did you do that was different for you?
I shaved my head. I shaved my hairline back and dyed my hair for 42. There was no way it was going to grow out in time to be useful. So I presented myself to Paramount people with a shaved head, much to their surprise.

What's fun about playing a villain?
It's just something different. It's something unexpected for the audience. I'm just happy to have fun.

You've been doing a lot more supporting and co-lead roles lately. Is that a way of getting rid of the burden of having to be the lead and carry a whole movie on your lonesome?
Yeah. It is. It's great fun. You have the ability when people complain to say, 'Hey, I just work here. Take it up with the boss.'

Is doing more character work a return to your earlier days?
No, it was no fun at all in my early days. I was playing smaller parts because I hadn't become certified at that point, the way you are when you have some success. Then people start to be a little bit more interested in what you think and what you have to say.

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Last Week: 1 / Weeks on List: 1

2. I DECLARE Joel Osteen
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This Week		Last Week	Weeks on List
3.	WAGING HEAVY PEACE Neil Young	3	2
4.	THE WHITE PRINCESS Philippa Gregory	4	3
★ 5.	WALLBANGER Alice Clayton	-	-
6.	MISTRESS James Patterson	6	1
★ 7.	ROSE HARBOR IN BLOOM Debbie Macomber	-	-
★ 8.	THE LAST KISS GOODBYE Karen Robards	-	-
9.	THE GUTS Roddy Doyle	9	1
10.	FIRST SIGHT Danielle Steel	10	5
★11.	THE INCONVENIENT INDIAN Thomas King	-	-
12.	THE ENGLISH GIRL Daniel Silva	12	5
13.	THE OCEAN AT THE END OF THE LANE Neil Gaiman	13	9
14.	THE CASUAL VACANCY J.K. Rowling	5	3
15.	INFERNO Dan Brown	7	12
16.	WILD Cheryl Strayed	16	20
17.	LET'S EXPLORE DIABETES WITH OWLS David Sedaris	17	17
18.	CRAZY RICH ASIANS Kevin Kwan	8	2
19.	I WEAR THE BLACK HAT Chuck Klosterman	19	3
20.	THE SECRET KEEPER Kate Morton	11	5

Combined Fiction and Non-Fiction Bestsellers for the week, ending August 19th
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Twilight author. Meyer likes getting hands dirty as Austenland producer

Executive producer Stephenie Meyer, left, director Jerusha Hess and writer Shannon Hale at the Austenland premiere. TODD WILLIAMSON/THE ASSOCIATED PRESS

When Stephenie Meyer's name is mentioned, most people think of her Twilight Saga vampire books and films. But the author wants a new audience as a film producer.

Meyer produced Austenland, starring Keri Russell and based on the novel by Meyer's friend Shannon Hale. The film, directed by Jerusha Hess, opens in limited release Friday.

Although Meyer was a producer for The Twilight Saga-Breaking Dawn films and the movie adaptation of her novel The Host, this is the first time she's produced someone else's work. She said in a recent interview that she got to be "a little bit more hands-on, a little more dirty" with producing duties.

Austenland is a romantic comedy about a single 30-something woman (Russell) obsessed with Jane Austen novels who spends her life savings to visit a British Jane Austen theme park.

"We made a lot of mistakes and we learned a lot more because we are allowed to make mistakes," Meyer said of her Austenland crew, adding that she was "surprised that it all worked out so well."

Meyer said she enjoyed the "collaboration" and "socialization" of producing and found a "different kind of creative outlet."

THE ASSOCIATED PRESS

Books into movies

Meyer has optioned the books Down a Dark Hall and Anna Dressed in Blood for film.

- **Certainly not for the money.** She said it's a coincidence that she's turning back to the supernatural world with the two young adult ghost stories.

Meth addiction has been good for tourism

Walter's legacy. The backdrop for Breaking Bad, Albuquerque, has made bank on the popular AMC show

Breaking Bad continues to have a license to print money. RUSSELL CONTRERAS/THE ASSOCIATED PRESS

It's been five years of meth addicts, deadly shootings, violent drug traffickers and hidden secrets of the desert.

And throughout the filming of AMC hit television series Breaking Bad in Albuquerque, interest in this Southwestern city from tourists has grown and local businesses have sought to cash in. A doughnut shop sells treats laced with blue "meth" toppings, for example, while a bike rental business gives tours of characters' favourite spots.

But now that Breaking Bad is returning for its final episodes, Albuquerque shops and tourist attractions are trying to take advantage of the popular show's last moments before the series fades from memory.

The city's visitors' bureau hosted a watch party Sunday for the premiere of the last season's first episode, drawing more than 450 fans. Stores held specials to sell Breaking Bad memorabilia.

There was even a Breaking Bad marathon at Immaculate Conception Catholic Church in Albuquerque, followed by mass, then its own watch party for the last season's premiere.

"It's been great for us," said Debbie Ball, owner of The Candy Lady store, who sells blue Breaking Bad meth treats and offers limousine tours of scenes from the series. "People are always coming in and asking about Breaking Bad. I hate to see it end but I also can't wait to see how it ends."

Breaking Bad, which was filmed largely in Albuquerque, follows former high school teacher Walter White, played by Bryan Cranston, producing and selling methamphetamine with a former student, Jesse Pinkman, played by Aaron Paul. The show, with its dark themes and addictive storyline, often features different parts of the city from a regular car wash to well-known local restaurants.

THE ASSOCIATED PRESS

Tourism

"I hate to see it end but I also can't wait to see how it ends."

Debbie Ball
Owner of The Candy Lady store in Albuquerque, which has benefitted from Breaking Bad's setting

It took some persuading, but Oprah's baaack!

The Butler. Winfrey talks about why she decided to do her first film since 1998 and why this role, with its intensity, was important for her

MATT PRIGGE
Metro World News

There was one major reason Oprah Winfrey returned to screen acting for her most prominent role since 1998's Beloved — and his name is Lee.

Winfrey worked with director/producer Lee Daniels behind the scenes of his breakout work, Precious, which she also executive produced. She was coerced in front of the camera for his fourth directorial work, Lee Daniels' The Butler, playing the wife of a man (Forest Whittaker) who works at the White House from the 1950s through the '80s.

"I wanted the opportunity to be in his hands, really," she says, adding he was relentless in pursuing her. "I was telling him, 'Lee, I got a network thing going on. But he wouldn't listen to me. He'd been stalking me for some time."

Of course, there was also the subject. The film spans the beginning of the civil rights movement and ends with Obama's election.

"I'm a historian of my own history — of African American history. I believe that when you know who you are, you have the ability to move forward not only with your own strength, but with the strength of your entire ancestry," Winfrey says.

While specifically about black culture — and in a way that doesn't portray it through white eyes, despite a Caucasian screenwriter (Danny Strong) — the film is also, she says, universal.

"You see the two of us at the bus station sending our son off to college. That's how every parents, regardless of race, regardless of economic background, feel when you have to let go of your son."

There's also her character: the long-suffering wife of a workaholic.

"I thought a lot about what it meant to be a woman in the '50s and '60s. All of us got a lot of fire inside us. What is it like to have that fire but have nothing to do with it? You can't just sit around watching Edge of Night all day long, make a sandwich, have a beer, tiptoe with the next-door neighbour," Winfrey explains. "This gave me the opportunity to show the women of that era. Gloria, for me, is not just herself but a composite of the women of the era, who sacrificed herself to become the stabilizing force of her family."

In terms of race relations today, Winfrey doesn't feel like she has a side she shows white — or black — audiences.

"I feel I have made a living being myself. I've made a career out of my own authenticity. I don't have one face I present to the white world or to the black world. I talk to my dogs the same way I'm speaking right now."

But she understands that her being able to feel that way was heard-earned, by others.

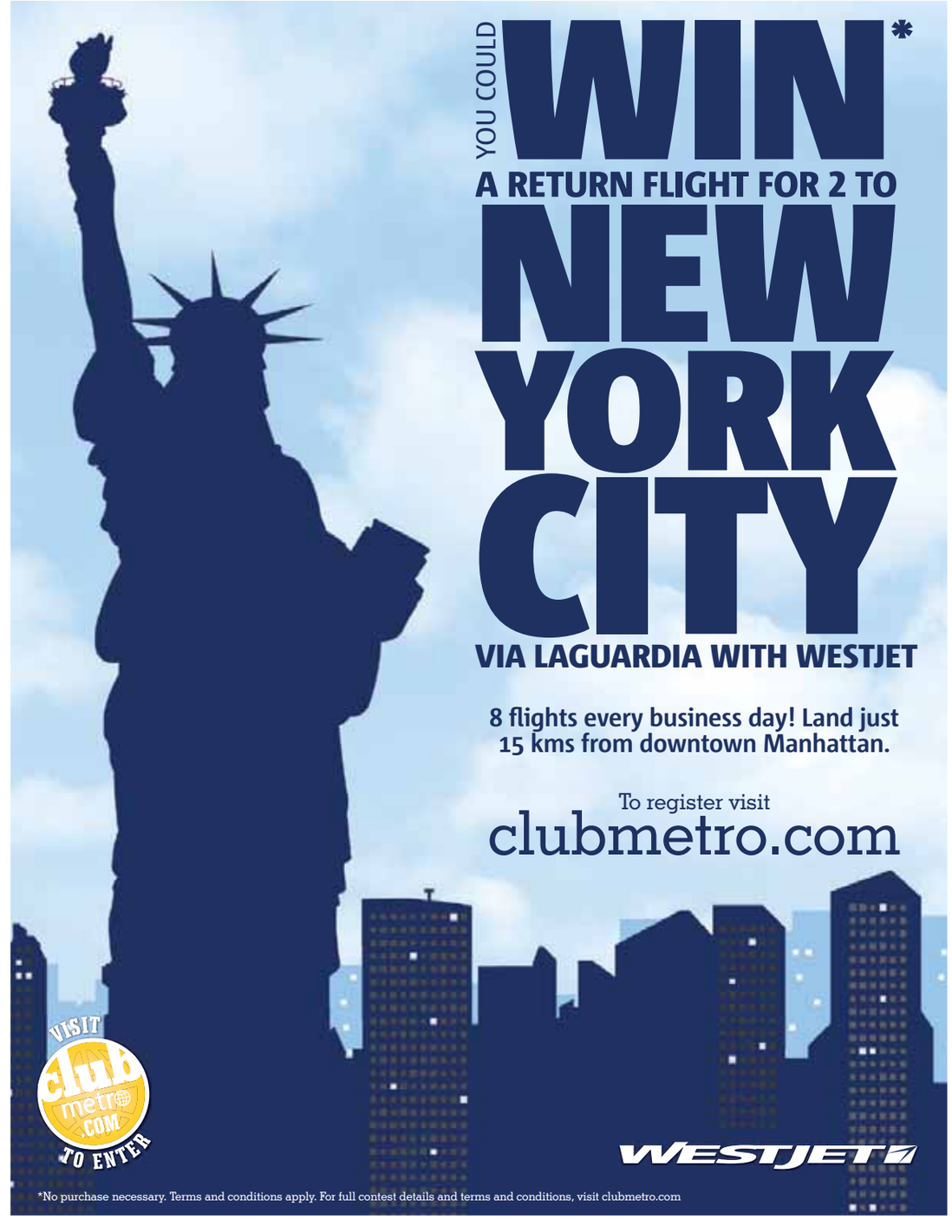
"I am the daughter of a maid, and my grandmother was a maid, and her mother was a maid, and her mother was a slave," she says. "I feel validated by the war that the butler and his entire generation fought in their own way. And the fact that there's another generation of freedom writers and freedom fighters that, because of evolution and growth and change, decided they weren't going to do that anymore. Both wars were necessary for their times."

Oprah Winfrey as Gloria Gaines and Forest Whitaker as Cecil Gaines star in The Butler. ANNE MARIE FOX/THE ASSOCIATED PRESS

Overtime with Winfrey

A few extra comments from Oprah Winfrey

- **On her notoriety.** "Contrary to what everyone assumes about me, I'm really not a control freak. I like to hire someone who knows what they're doing so I don't (have) to do it. Then they come back to me and tell me it's done. That's how I like to operate."
- **On her director.** "What is exciting about him and why we love him is he is a truth seeker. He will not let any of his actors get away with a single breath that's a false moment. I can testify to that."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METRO DISH

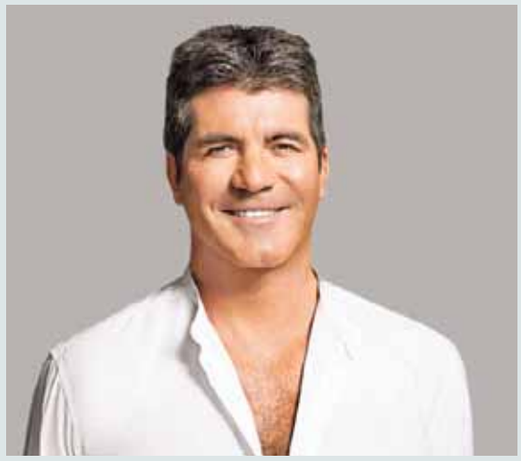
OUR TAKE ON THE WORLD OF CELEBRITIES

Angelina Jolie and Jennifer Aniston METRO PHOTO ILLUSTRATION

Once feuding stars avoid 11 hours of first class airline awkwardness

Angelina Jolie and Jennifer Aniston nearly had 11 hours of awkward silences as they were both booked in the first class section of a British Airways flight from L.A. to London Sunday, but Aniston reportedly moved her flight to the next day at the last minute, according to Us Weekly. "Whether it was because Angelina was on the Sunday flight, we don't really know, but she did change it," a source at the airline says. "The airline has VIP greeters who do chat about this sort of thing and may have informed each other of the (Aniston-Jolie) conflict, but nobody can say for sure."

The Word



Three big red Xs for Cowell after Electra breakup

While Lauren Silverman's reported pregnancy is making Simon Cowell's life more complicated, it's not the first time his involvement with Silverman has made waves in the X Factor boss' personal life.

Cowell's dalliances with Silverman reportedly put an end to his fledgling "hot and heavy" romance with Carmen Electra, according to E! News. "Carmen was at Simon's house in L.A. when she literally busted him with Lauren," a source says.

"Simon called her a friend, but there was nothing platonic about what was going on, if you know what I mean." According to the source, Electra quickly called off her relations with Cowell. "There was no way she was going to stick around and be a third wheel," the source says.

Twitter

@rosemcgowan
Going through my contact list is like a quick trip through bad times

@SethMacFarlane
Oh cool, a new superhero movie. That is refreshing indeed.

@solangeknowles
Where does one dance at this hour in this big apple?

Jennifer Garner ALL PHOTOS GETTY IMAGES

Garner joins privacy fight for celeb kids everywhere

Jennifer Garner is joining Halle Berry in pushing for a California bill that would make it illegal for paparazzi to photograph their children. "I chose a public life. My three children are private citizens," Garner said while testifying before the California State Assembly Committee on Public Safety in support of the proposed anti-paparazzi bill, according to E! News. "I love my kids. They're beautiful and sweet and innocent, and I don't want a gang of shouting, arguing, lawbreaking photographers who camp out everywhere we are all day, every day, to continue traumatizing my kids."

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How to makeup for your masculine ensemble

If you're slipping into a tweed blazer, an oversized cardigan or a sleek women's tux this fall, the right beauty look is the perfect accessory to complete your menswear-inspired outfit.

The choice is yours to do a 180-degree turn and go with hyper-girlie, or stay strictly tomboy. Either can complement the more masculine clothing silhouettes.

Makeup with menswear is a little more important than other styles because with a neutral, muted palette of greys, blacks and browns, "you want to have a little life to your face, a little health and vigour," says Linda Wells, Allure magazine's editor-in-chief.

When suiting up in this fall trend, women have choices for their beauty look, she says. "Are you going to exaggerate the menswear look and play it up fully, or are you going to offset it with something feminine?" Wells says.

To soften menswear staples like grey flannel and houndstooth, which are so often fashioned into tailored items, add femininity by playing up the eyes or lips, experts advise, but not both at the same time so your features don't compete.

"You want to add feminine flair throughout the face if you can't have it on the body through the clothing," says Myiesha Sewell, a Sephora Pro makeup artist.

For a ladylike touch, Wells envisions soft hair with a little wave to it falling over the forehead along with a rich burgundy lipstick, or dark, smoky eyes featuring grey eye shadow, eyeliner and lots of mascara. "Who doesn't want to be a femme fatale?" she says of the "sexy androgyny" combination of feminine makeup and menswear.

THE ASSOCIATED PRESS

Talk to the T: Say it loud, say it stylish with a graphic shirt

Stay on top of this fashion craze. Comics, creatures and credos are covering your fave back-to-school staple this fall

The T-shirt and graphic shirts are one of fashion's most basic items, but even with today's popular slim cuts, there's wiggle room to change up the style. That can be pretty important to the kids and teenagers who practically live in them but like to feel that they have something new when they go back to school.

This year's news comes in next-generation graphics, old-school characters and witty or powerful phrases.

"The best and most memorable graphic Ts throughout the years are the ones that capture the pulse of that time," says Tana Ward, senior vice-president and chief merchandising officer for American Eagle.

Because of the price — and frequency of wear — T-shirt trends also can move quickly because they aren't intended as long-term investment pieces.

"This is an affordable fashion change," says Seventeen fashion director Gina Kelly.

"Graphics are really, really big in the teenage market, and so is nostalgia," Kelly says.

"At 16, a girl understands irony, and that makes it cool to do some things. You also have T-shirt companies borrowing from the runways like Givenchy, and that's where you'll see space prints, high-fashion prints — and photo-realism prints are definitely big, too."

It's all about image and messaging, which this generation is very comfortable with, she says. "It's about affirmation on your chest. You are making your statement, whether you are making fun of designers with a 'Celine as Celfie' shirt or saying you loved Hello Kitty when you were in kindergarten."

The heavily logoed look also is passé, says AE's Ward. "Today, our customer is focused on projecting a personal identity. ... Our girl is also much more aware of the artistic side of graphic design and how it adds texture and interest to her outfit."

All she needs is a circle mini skirt and a pair of printed jeans (two other popular back-to-school items this year), and she is good to go, says Kelly.

THE ASSOCIATED PRESS

Zip! Boom! Pow!

Betsy Zanjani of Forever 21 points to the comics craze — taking note of the pop culture phenomenon that Comic-Con has become — as one of the strongest influence on T-shirts.

- Forever 21 has opened in-store Marvel Comics shops as the retailer noted "an almost cult following of old-school comic strips and vintage action figures," she says. "Things that are vintage and retro are really strong in both our male and female businesses."

Twitter

JEANNE SPACE
Jeanne Beker
life@metronews.ca

TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.

Home at last: My new man! Fresh from Lunenburg #NS Thanks to Ransford Naugler.

Yesterday carpets, today hair colour! Going richer for fall thanks to TO's best colorist Marina Loo #RapunzelHair

Trends Report

- Are you a fan of the Netflix series Orange is the New Black? For this week's Trends Report, I decided to see if orange can be the new black — without it looking like a prison jumpsuit. Go online to see my orange-theme fashion finds and judge for yourself.

metronews.ca/voices/trends-report

Follow Irene on Twitter at @MetroIreneK

One-minute miracle

Hair saviour, time saver

Uniq One All in One Cleansing Balm $20, uniq-one.com

"Low-maintenance types will love that this hair balm can replace the cluster of hair products crowding your shower. Bonus: its keratin-enriched, sulfate-free formula means you can use it daily. The built-in cleanser and conditioner also work to volumize, smooth and strengthen strands, while preserving colour-treated hair. How efficient is that?"
Ashley Kowalewski, TheKit.ca

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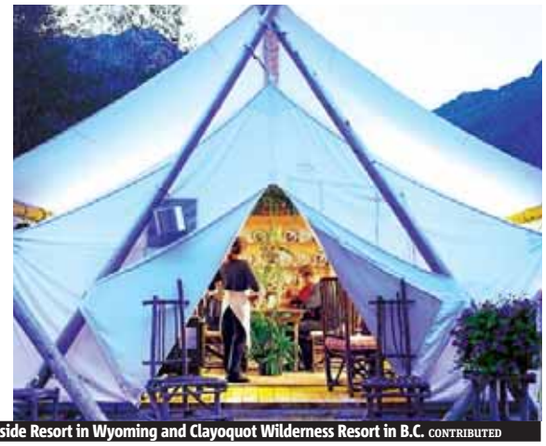

There is no definitive glamping experience, with accommodations ranging from simple tents to extravagant stays costing $10,000. From left: REO Rafting in B.C., Fireside Resort in Wyoming and Clayoquot Wilderness Resort in B.C. CONTRIBUTED

What on yurt is this?

Glamping. Like regular camping's cousin, but with more glitter

JESSICA SMITH
jessica.smith@metronews.ca

You're lying in your tent, a little thirsty.

If you throw on your boots and head to the pot of purified water by the fire pit — you're camping.

If you ring the bell on your bedside table and ask the butler for a wine spritzer — you're glamping.

Glamping — glamorous meets camping — is the kind of vacation that straddles two worlds: The rugged outdoors and keep-your-hands-clean comfort of home.

"The idea started when the British would go down to Africa for safaris and they would have their big luxurious canvas tents, pack a bed," said Ruben Martinez, co-founder of GlampingHub.com. "To the best of our knowledge, that's where the idea started and over the last few years the trend has grown."

Sometimes, the difference between camping and glamping is little: A canvas tent and a real bed, versus nylon and a bedroll. But most anything can be glamping if it provides immediate access to nature but is not a traditional house, hotel, RV or cabin.

"These places keep popping up," Martinez said. "They range from relatively simple tents, tree houses, yurts, to the really extravagant."

How extravagant?

"Some of these places have butlers, they have wine service, fantastic views, king-sized bed — you name it," he said. "Some of these places can be pretty ridiculous."

One of Canada's most glamorous is the Clayoquot Wilderness Resort.

"We're in the heart of Clayoquot Sound in the middle of the UNESCO world biosphere," said Katherine MacRae, director of marketing for the resort. "We're 40 minutes by boat to the closest town and there's no road access."

The all-inclusive resort includes the seaplane trip from Vancouver, locally sourced five-course meals with wine pairings and activities.

"We have world-class salmon fishing out here, horseback riding is one of our big adventures," said MacRae, adding there's also a spa, hiking, skeet shooting, kayaking, archery, rock climbing and paintball.

MacRae says her resort was the original North American tented safari. An all-inclusive tent for two costs $9,500 for three nights.

Canada has its fair share of yurts, but glamorous camping is worldwide.

At the Four Seasons Tented Camp Golden Triangle in Thailand, you'll arrive riding an elephant to your tent, which is billed as "reminiscent of 19th-century adventure expeditions with handcrafted furniture, hardwood floors and traditional thatched roofs."

From there, you eat fine Thai dining, go to the spa, swim in one of the pools or go on an excursion.

Prices fluctuate, but three nights for two guests in January 2014 will cost more than $10,000 for the "superior" tent, and more for the "deluxe."

Metro tries it out

Liz 'n' Liz go glamping

Last week, Metro writers and avid campers Liz Brown and Liz Beddall gave glamping a try with Long Point Eco-Adventures in St. Williams, Ont. Here's what they thought of the experience:

Liz Brown and Liz Beddall toast to the good life on the porch of their wilderness suite with Long Point Eco-Adventures in St. Williams, Ont. Aside from offering visitors luxury accommodations and on-site activities, the facility prides itself on being deeply eco-conscious. LIZ BEDDALL/METRO

Beddall: Well Liz, we went glamping and survived. Nay — thrived! When's the last time you returned from a wilderness excursion with thoroughly conditioned hair and a belly warm with Pinot Noir?

Brown: Never, Liz. But I've also never set up camp across the road from a winery — Burning Kiln Winery to be exact. But the best perk for me was a flush toilet inside the tent. No more hikes to the outdoor can for me!

Beddall: I felt the pièce de résistance of our stay was the king-sized bed we snoozed in after our Zodiac boat tour and astronomy lesson. The plump pillows were a slight step up from the toilet paper roll I once employed on a canoe trip to cushion my cranium against a bed of rocks.

Brown: What about the built-in shower? I had some doubts about scrubbing up in the open air, but the stream of steamy water on a cool morning was incredibly refreshing. But enough about the tent, what about the activities?

Beddall: Once we left our tent of wonders, the glamping experience seemingly ceased. Zip-lining high above the Long Point Bay World Biosphere is not, at least for me, a soothing experience. Having those options made me feel less like I was a traitor to the camping community. You?

Brown: Let's not kid ourselves. We're losing some roughing-it cred by waxing on about glamping. Saying we went zip-lining isn't going to redeem us.

Beddall: You're right. The likelihood of us being excommunicated from the backwoods brotherhood is high. But Liz, no one can fault us for accepting a pizza delivered directly to our tent, courtesy of local restaurant Surfside Pizza.

Brown: True. And it's not like hardcore campers come out of the bush looking forward to a homecoming meal of jerky and granola. So, what's the verdict? Are you a glamping convert?

Beddall: Liz, the call of the unvarnished wilderness will always grunt loudly in my ear, but I'll never forget the sweet, siren-song of the ever-so-decadent Eco-Adventures camp in St. Williams.

Exclusively online

Go to metronews.ca for more on glamping:

- See photos of the most glamorous glamping destinations in the world
- Click through an interactive, detailed version of the glamping graphic
- Follow Metro reporters' glamping adventure, in photos

Glamping vs. camping

IRENE KUAN
irene.kuan@metronews.ca

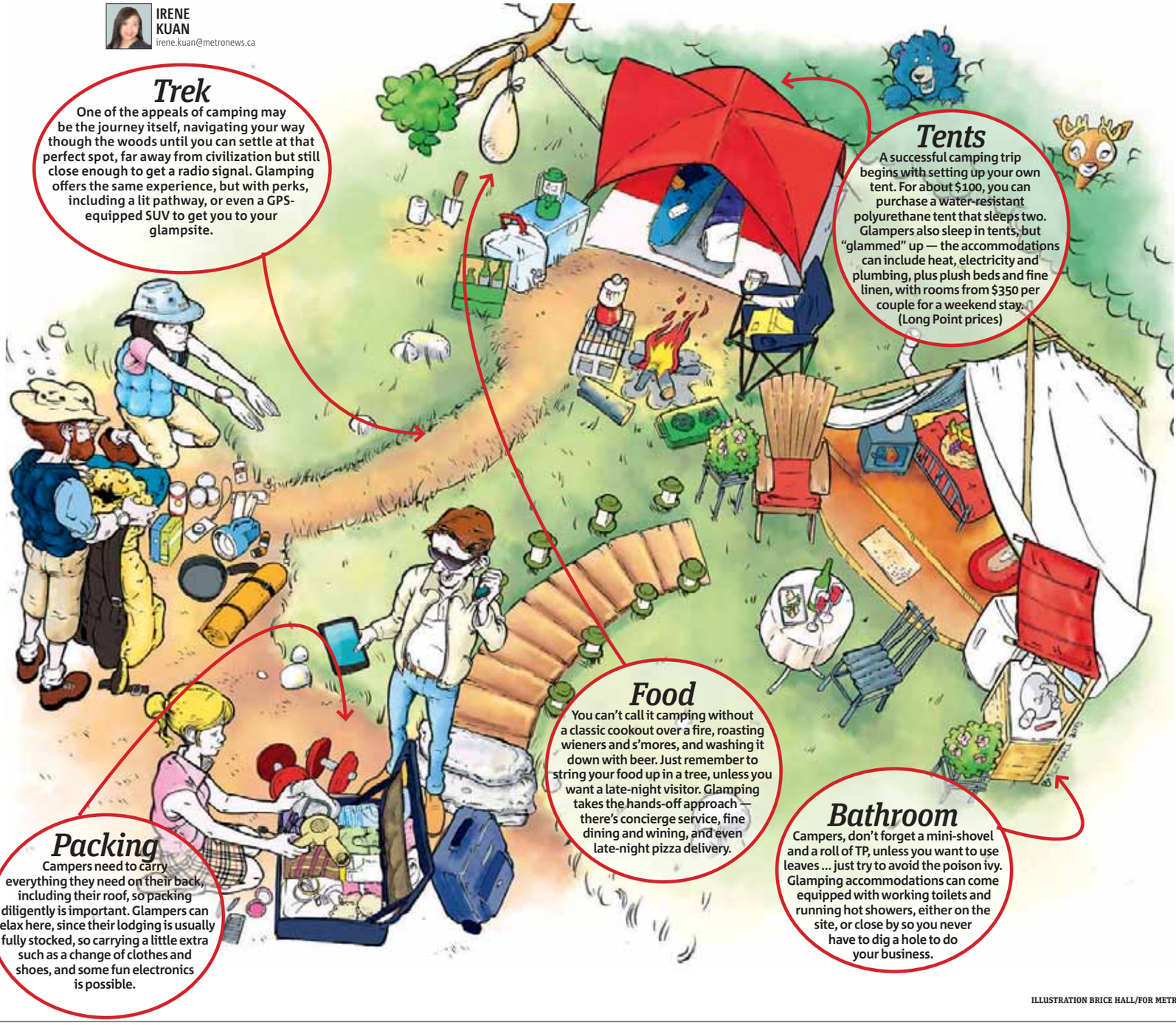
Trek
One of the appeals of camping may be the journey itself, navigating your way though the woods until you can settle at that perfect spot, far away from civilization but still close enough to get a radio signal. Glamping offers the same experience, but with perks, including a lit pathway, or even a GPS-equipped SUV to get you to your glampsite.
Tents
A successful camping trip begins with setting up your own tent. For about $100, you can purchase a water-resistant polyurethane tent that sleeps two. Glampers also sleep in tents, but "glammed" up — the accommodations can include heat, electricity and plumbing, plus plush beds and fine linen, with rooms from $350 per couple for a weekend stay. (Long Point prices)
Food
You can't call it camping without a classic cookout over a fire, roasting wieners and s'mores, and washing it down with beer. Just remember to string your food up in a tree, unless you want a late-night visitor. Glamping takes the hands-off approach — there's concierge service, fine dining and wining, and even late-night pizza delivery.
Bathroom
Campers, don't forget a mini-shovel and a roll of TP, unless you want to use leaves ... just try to avoid the poison ivy. Glamping accommodations can come equipped with working toilets and running hot showers, either on the site, or close by so you never have to dig a hole to do your business.
Packing
Campers need to carry everything they need on their back, including their roof, so packing diligently is important. Glampers can relax here, since their lodging is usually fully stocked, so carrying a little extra such as a change of clothes and shoes, and some fun electronics is possible.

ILLUSTRATION BRICE HALL/FOR METRO

Oh Gadd: Silly glampers, heels are for cities

Glamping may seem like a good idea to some, but to an expert camper it's a "silly" idea.

Ben Gadd, naturalist, geologist and author of the Canadian Hiker's and Backpacker's Handbook, is an expert in helping ordinary people experience the wilderness.

He was a guide at Jasper National Park in Alberta for more than 30 years and glamping doesn't impress him at all.

"I think glamping sounds quite silly, but fun," said Gadd.

"It's as if you're taking the most extreme elements of city life, like high heels and glasses of wine, and you're taking that into the situation where we lived as hunter-gatherers.

"It seems to me almost a spoof. I couldn't take it seriously. I don't know how it would have some sort of benefit to you."

Asked why people from the cities go into the wilderness, Gadd says: "It's because, I think, that's where we come from.

"Our species grew up in the wilderness and, like any other organism, we search out the environment in which we're most likely to prosper.

"Any creature knows that instinctively."

If people want to try serious camping, the Alpine Club of Canada has a network of groups, events and mountain huts to help. Visit alpineclubofcanada.ca for information. MIKE DONACHIE/METRO

Ben Gadd CONTRIBUTED

Ikea's upscale collection a winner

Affordable Stockholm design launched this week

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Every three years mass market furnishings retailer, Ikea, introduces a much anticipated upscale collection of furnishing and home accessories.

This year, the coveted Stockholm Collection is introduced in limited quantities to the 325 stores in 40 countries around the world, bringing high-design at still very affordable prices.

With trends emerging like walnut wood furnishing, Kelly green and citrus yellow colours, it looks like this special collection will be on-trend for a long time.

Look for this special (and very well-priced) quality collection in the five million Ikea catalogues delivered this week to homes across Canada or in your local store. Here's a sneak peek and a few of my favourites:

Living room

Medium walnut wood tones and pops of yellow and green are on trend in the Stockholm Collection, introduced every three years at Ikea.

Rug

Take the three most favourite trend colours (grey, brown and green) and blend them together to incorporate past, current and future trend colours onto the floor.

Stockholm Striped Wool Rug, $299

Mirror

Illusions of depth give you varied perspective when looking through the angled walnut frame.

Stockholm Mirror 80, $99.

Dining room

Walnut wood is predicted to be the "next big wood" in home decor. The walnut wood used in the Stockholm Collection is actually Canadian walnut wood veneers.

Table

The big family table is back! Eight feet of Canadian walnut takes mid-century modern good looks into the future.

Stockholm Dining Table, $699.

Vase

Colourful blown glass to wake up your tables; three down the centre of a table would have real impact. Just add flowers!

Stockholm Vase 20, $49.99.

Chair

At the table or in a corner; solid & comfortable in this year's best colour (also available in natural walnut).

Stockholm Chair Green, $149.

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BACK TO SCHOOL

Thursday, August 15, 2013

Model good reading habits for your children and continue reading to your kids even after they can read on their own. JACK HOLLINGSWORTH/PHOTODISC/THINKSTOCK

The early bookworm gets the grades

MICHELLE WILLIAMS
For Metro

Not every child is a born reader, but there are ways to encourage your child to become a good reader.

Start by letting them read what they enjoy.

"Your child will be most engaged when you discover reading materials that interest them," said Halton (Ontario) District School Board elementary school teacher Kevin Foster. "It doesn't have to be standard reading material. Comic books, graphic novels and magazines all have great text features that tie in to the visuals for easier comprehension."

Head to the library or bookstore together and discover subjects they enjoy reading about, then be sure to have those books or reading materials on hand.

Be sure that the level is appropriate by previewing what they read.

Easier comprehension

"It doesn't have to be standard reading material. Comic books, graphic novels and magazines all have great text features that tie in to the visuals for easier comprehension."

Kevin Foster, Halton (Ontario) District School Board elementary school teacher

"If it's too difficult, kids get frustrated and disengage," Foster said.

He suggests the "five-finger rule" — if there are more than five words your child is struggling with on the page, then the book may be too difficult for them.

Think outside the printed page.

"Kids who are spending time on a computer are often getting in lots of reading online," Foster said. "There are all sorts of cool websites that will engage young readers."

You can also take it outside — read things together like menus, road signs and licence plates.

"Let kids experience reading in many different ways and settings."

Model good reading habits for your children. Read a lot yourself and continue reading to your kids even after they can read on their own.

"It's important to demonstrate great fluency, intonation and expression so they see that reading is more than decoding words," Foster said.

Remember to stop and ask questions.

"It's a great way to make deeper connections with their past experiences and to check their comprehension."

Finally, set aside some quiet time for reading to foster independence, as well as reading skills.

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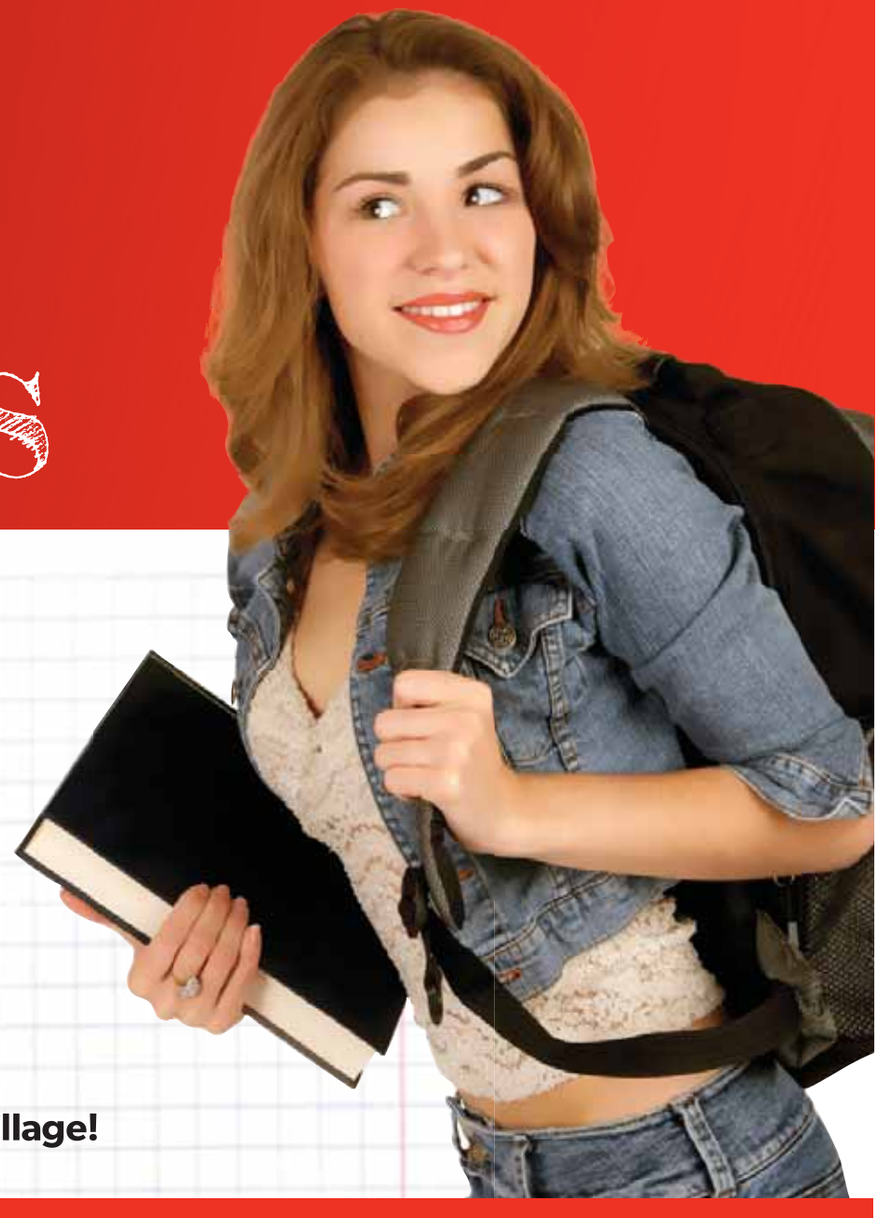

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Pack your books in style

MICHELLE WILLIAMS
For Metro

Mountain Equipment Co-op MEC Book Bag, top, $42, Littlelife Adventurer Daysack, left, $31, both available at mec.ca.

Backpacks are an integral part of going back to school. The students in your family will look forward to walking the halls with one of these new backpacks that are functional as well as good looking.

Mountain Equipment Co-op MEC Book Bag is colourful and great looking, perfect for your dazzling student. Plus, it's super sturdy to last and comes in a great range of colours. ($42, mec.ca).

New Balance Performance Backpack is strong and versatile, with cushioned shoulder straps, a shoe tunnel, tons of storage and room for your laptop. ($69.99, futureshop.ca).

Roxy Junior Fresh Press Backpack lets girls show off their fresh style and rocks interior organization, making it perfect for carrying books and more. ($44, sportinglife.ca).

Littlelife Adventurer Daysack is perfect for younger students. It comes with a 40-page drawing pad and a clear front pocket for showcasing artwork. ($31, mec.ca).

Dabbawalla Monkey Backpack is sized and designed for preschoolers, just right for carrying lunch and gear to school, day trips and overnight adventures. ($45, sportinglife.ca).

Puma Laptop Backpack keeps your laptop or tablet safe as you travel with a fleece-lined sleeve, EVA-structured padding to absorb shock and a polycarbonate shell. ($119.99, futureshop.ca).

Herschel Pop Quiz Camo Backpack is cool for boys with plenty of organizers, sturdy design and fleece-lined pockets for a laptop or tablet and sunglasses. ($69.99, sportinglife.ca).

The North Face Serge II in four colours has all the bells and whistles, including moulded and padded shoulder straps, back support, laptop compartment, tablet sleeve, organization compartments and more. ($139.99, sportinglife.ca).

High-tech back-to-school tools

Kobo Glo is the perfect way to help kids celebrate the love of reading. Just for reading, it's classroom friendly, $129.99, available at kobo.com.

Toshiba Excite Pure is excellent for reading, browsing, social networks and entertainment. The pre-installed ThinkFree app allows students to access and edit MS Word, Power Point and Excel, $349.99, available at toshiba.ca.

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Holy easy to make guacamole!

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

There is nothing more delicious than homemade guacamole.

The key is finding a ripe avocado for the delicate texture and flavour.

Store unripe avocados in a paper bag, but don't refrigerate them.

1. Combine the avocado, cilantro, tomatoes, mayonnaise, jalapeño, garlic, lemon juice, and salt and pepper in a small bowl.

2. Serve with crackers, crudités or as a garnish.

Guac facts

- **Prep.** This recipe takes only 10 minutes to put together.
- **Make ahead.** Make a couple of hours before serving. Too early and the avocado will brown.
- **Nutrition information per serving (1 tbsp/15 ml).** 19 calories, 0.17 g protein, 0.9 g carbohydrates, 0.5 g fibre, 1.8 g total fat, 0.3 saturated fat, 0 mg cholesterol, 45 mg sodium

Ingredients

- 1/2 cup mashed ripe avocado
- 2 tbsp chopped cilantro
- 1/3 cup finely diced tomatoes
- 1 tbsp light mayonnaise (50 % reduced)
- 1 tsp finely chopped jalapeno pepper (or 1/2 tsp/2 1/2 ml hot chili sauce)
- 1/2 tsp finely chopped garlic
- 2 tsp lemon or lime juice
- pinch of salt and pepper

This recipe makes 2/3 cup (160 ml). COURTESY ROSE REISMAN

For your phone

Chefs Feed (iPhone; free)

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

Chefs will never forget a great meal prepared by someone else. This social network lets them share such discoveries, sorted by location and dish, for your taste buds to follow.

Chef Grant van Gameren added Buffalo-style fried calamari sandwich
Every Saturday, this awesome little sandwich shop makes incredible specials that change frequently. The squid is by far one of my favourite ones thus far! Sweet, spicy, smokey, and fried. Yum!

Turkey Tacos

1. In a large mixing bowl combine the shredded lettuce, carrot matchsticks, chopped cilantro, olive oil, lime juice, and salt and pepper to taste.

2. Lay out tortillas and divide mixture among tortillas; top with turkey breast strips. Fold in half and enjoy. NEWS CANADA/ PILLER'S FINE FOODS

Ingredients

- 125 ml (1/2 cup) lettuce, shredded
- 60 ml (1/4 cup) carrots, cut into matchsticks
- 15 ml (1 tbsp) cilantro, finely chopped
- 30 ml (2 tbsp) extra virgin olive oil
- Juice of one lime
- Salt and pepper, to taste
- 4 soft corn tortillas
- 5 slices Piller's Simply Free Roasted Turkey Breast, cut into strips

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Jordan Boyd death

Player collapsed without warning

The general manager of a junior hockey team says a player who died this week during tryouts collapsed suddenly while he was waiting to participate in a drill.

Sylvain Couturier, general manager of the Acadie-Bathurst Titan, said Wednesday that Jordan Boyd didn't speak to anyone before he collapsed.

The 16-year-old boy died Monday during tryouts for the team, which plays in the Quebec Major Junior Hockey League.

Couturier said the players were participating in a drill that involved skating and passing.

The league has said a physical therapist provided CPR after Boyd collapsed at the rink in Bathurst. THE CANADIAN PRESS

NHL

NBA owner to buy Devils: Source

A person familiar with the negotiations says Philadelphia 76ers owner Josh Harris will add the NHL's New Jersey Devils and the lease to their arena to his portfolio Thursday.

Attorneys for both sides were putting the final touches on the deal Wednesday that would allow Jeff Vanderbeek to sell his majority ownership to Harris, said the person, who asked not to be identified because neither party had announced the deal.

The Devils announced early Wednesday evening that they planned to hold a major news conference Thursday. THE ASSOCIATED PRESS

The Blue Jays' Kevin Pillar, who was acquired after the Bonifacio trade, makes a diving catch off a ball hit by Jonny Gomes as he makes his major-league debut against the Red Sox in Toronto on Wednesday. For the game's final score and more go to metronews.ca. NATHAN DENETTE/THE CANADIAN PRESS

Blue Jays bid bon voyage to Bonifacio

MLB. Toronto GM Anthopoulos, Gibbons agree on dealing inconsistent new recruit

The Toronto Blue Jays made a splash last off-season when they acquired Jose Reyes, Mark Buehrle, John Buck, Emilio Bonifacio and Josh Johnson from the Miami Marlins.

That trade didn't get the expected results for Toronto, and general manager Alex Anthopoulos is moving the team in a different direction.

Bonifacio was traded by the Blue Jays on Wednesday to the Kansas City Royals for a player to be named later or cash, while Johnson will have an MRI to see how long it will take for him to recover from a strained right forearm.

"Clearly they haven't played and performed the way we expected them to when we acquired them, there's no doubt about that at all," said Anthopoulos when asked if he was second-guessing the Marlins deal. "But the process when you go into these things you know there's no guarantees of performance.

"Sometimes you have guys that perform a lot better than you thought they could both internally and externally."

Bonifacio hit .218 as a utility player this season with three home runs, 20 runs batted in and 12 stolen bases. He saw time at second base, shortstop and all three outfield positions. Kansas City claimed the 28-year-old on waivers, forcing Anthopoulos to strike a deal.

"It just didn't work out," said Blue Jays manager John Gibbons. "Ton of talent, got some opportunities. It just never came together on a consistent basis. We loved the guy, what he brings to the park. He shows up to play, he could make some things happen, there just wasn't enough consistency there."

THE CANADIAN PRESS

Roster moves

- Trading Emilio Bonifacio cleared space on the roster for outfielder Kevin Pillar, who was recalled from triple-A Buffalo.
- Toronto also announced that outfielder Colby Rasmus was on the 15-day disabled list and recalled popular infielder Munenori Kawasaki.

Brady day to day after spill in practice

Patriots QB Tom Brady grabs his left knee after an apparent injury during a joint workout with the Buccaneers, Wednesday. WILL DITULLIO/THE ASSOCIATED PRESS

A person familiar with the injury says Patriots quarterback Tom Brady sprained his left knee in a practice Wednesday and his return is day to day.

An MRI on the knee was negative, said the person, who spoke on condition of anonymity because the team hadn't made an announcement.

The two-time league MVP limped off the field midway through New England's joint practice with the Tampa Bay Buccaneers.

Left tackle Nate Solder was pushed into Brady by Tampa Bay defensive end Adrian Clayborn. The two-time league MVP, entering his 14th NFL season, rocked backward on the ground and held his left knee.

He went to the sideline, then returned for a few more plays before talking with coach Bill Belichick and leaving the field under his own power.

Brady tore the anterior cruciate ligament in his left knee in the 2008 season opener and missed the rest of the season. He has played every game since then.

"We're always working to protect," Solder said. "I'll have to see what happened on the film. I screwed some things up here and there."

THE ASSOCIATED PRESS

Practice pass rush

"You got a guy on his heels and my instinct is to keep going, so that's what I did."

Tampa Bay DE Adrian Clayborn, who will have some explaining to do if Brady is hurt

4 SPORTS

Milos Raonic returns a serve against Janko Tipsarevic during a match at the Western & Southern Open tennis tournament on Wednesday in Mason, Ohio. Raonic won 6-4, 7-6 (4). AL BEHRMAN/THE ASSOCIATED PRESS

Raonic stands tall, compatriots fall

Tennis. Top-ranked Canadian advances to third round at Western & Southern Open

Milos Raonic advanced to the third round of the Western & Southern Open on the same day fellow Canadians Vasek Pospisil and Eugenie Bouchard were knocked out.

The 12th-seeded Raonic beat Janko Tipsarevic in straight sets, 6-4, 7-6 (4) on Wednesday. It's his third win in as many tries over Tipsarevic, and comes a day after he struggled somewhat in a three-set first-round match over American Jack Sock.

"I played better than yesterday," Raonic said. "I was better from the baseline and created more opportunities for myself. It was a pretty clean match."

Raonic will face American John Isner next. Isner won their only other match in the Toronto quarter-finals a year ago.

"Isner will be tough. It will come down to a few points," Raonic said. "I have to serve well and keep the pressure on him in that sense. If I create opportunities I have to make the most of them and play as disciplined as possible."

Pospisil, ranked 40th in the world, was upset Wednesday 7-5, 1-6, 7-6 (6) by Belgian qualifier David Goffin, who's ranked 80th.

Bouchard will get some rest after putting a scare into world No. 1 Serena Williams. Bouchard won the first set before Williams asserted herself in a 4-6, 6-2, 6-2 victory.

THE CANADIAN PRESS

Quoted

"I'm a little emotionally drained. Maybe it's good to rest before the (U.S.) Open."

Vasek Pospisil following his loss to David Goffin on Wednesday.

Contact sports

Sask. moves to legalize MMA

Mixed martial arts events will soon be legal in Saskatchewan, and the Ultimate Fighting Championship says that's good for athletes.

The government is setting up an athletics commission that will have the authority to sanction professional combative sports, including MMA.

The move comes after the House of Commons passed a bill in June legalizing contact sports such as MMA.

Only boxing was allowed under the old prize-fighting law. THE CANADIAN PRESS

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	72	49	.595	—
Tampa Bay	66	51	.564	4
Baltimore	65	55	.542	6½
New York	61	57	.517	9½
Toronto	54	65	.454	17

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	70	49	.588	—
Cleveland	65	56	.537	6
Kansas City	62	56	.525	7½
Minnesota	53	65	.449	16½
Chicago	46	73	.387	24

WEST DIVISION

	W	L	Pct	GB
Texas	69	51	.575	—
Oakland	67	51	.568	1
Seattle	55	63	.466	13
Los Angeles	53	65	.449	15
Houston	38	80	.322	30

Wednesday's results
Cleveland 9 Minnesota 8 (12 inn.)
Miami 5 Kansas City 2
Detroit 6 Chicago White Sox 4
L.A. Angels at N.Y. Yankees
Boston at Toronto
Seattle at Tampa Bay
Milwaukee at Texas
Houston at Oakland
Tuesday's results
N.Y. Yankees 14 L.A. Angels 7
Boston 4 Toronto 2 (11 inn.)
Seattle 5 Tampa Bay 4
Milwaukee 5 Texas 1
Miami 1 Kansas City 0 (10 inn.)
Chicago White Sox 4 Detroit 3 (11 inn.)
Cleveland 5 Minnesota 2
Houston 5 Oakland 4
Thursday's games — All times Eastern
L.A. Angels (Wilson 12-6) at N.Y. Yankees (Hughes 4-11), 1:05 p.m.
Houston (Bedard 3-8) at Oakland (Gray 0-1), 3:35 p.m.
Boston (Peavy 9-4) at Toronto (Buehrle 8-7), 7:07 p.m.
Kansas City (Guthrie 12-8) at Detroit (Sanchez 10-7), 7:08 p.m.
Seattle (Saunders 10-11) at Tampa Bay (Cobb 6-2), 7:10 p.m.
Chicago White Sox (Rienzo 0-0) at Minnesota (Pelfrey 4-10), 8:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	73	47	.608	—
Washington	58	60	.492	14
New York	54	63	.462	17½
Philadelphia	53	66	.445	19½
Miami	46	73	.387	26½

CENTRAL DIVISION

	W	L	Pct	GB
Pittsburgh	70	48	.593	—
St. Louis	68	50	.576	2
Cincinnati	68	52	.567	3
Milwaukee	52	67	.437	18½
Chicago	52	68	.433	19

WEST DIVISION

	W	L	Pct	GB
Los Angeles	69	50	.580	—
Arizona	62	57	.521	7
Colorado	57	65	.467	13½
San Diego	54	66	.450	15½
San Francisco	52	66	.441	16½

Wednesday's results
Cincinnati 5 Chicago Cubs 0
Colorado 4 San Diego 2
Arizona 5 Baltimore 4 (14 inn.)
San Francisco at Washington
Philadelphia at Atlanta
Pittsburgh at St. Louis
N.Y. Mets at L.A. Dodgers
Tuesday's results
Washington 4 San Francisco 2
Atlanta 3 Philadelphia 1
Cincinnati 6 Chicago Cubs 4 (11 inn.)
St. Louis 4 Pittsburgh 3 (14 inn.)
San Diego 7 Colorado 5
Arizona 4 Baltimore 3 (11 inn.)
L.A. Dodgers 4 N.Y. Mets 2
Thursday's games — All times Eastern
Pittsburgh (Burnett 5-8) at St. Louis (Lynn 13-6), 1:45 p.m.
San Francisco (Vogelsong 2-4) at Washington (Haren 7-11), 4:05 p.m.
Cincinnati (Cingrani 5-2) at Milwaukee (Lohse 8-7), 8:10 p.m.
N.Y. Mets (Wheeler 5-2) at San Diego (Ross 3-5), 10:10 p.m.

MLS

EASTERN CONFERENCE

	W	L	T	GF	GA	Pts
Kansas City	11	7	6	36	24	39
New York	11	8	5	36	31	38
Philadelphia	10	7	7	36	32	37
Montreal	10	7	5	34	34	35
Houston	9	7	6	26	22	33
Chicago	9	9	4	29	32	31
New England	8	9	6	27	23	30
Columbus	7	11	5	27	30	26
Toronto FC	4	11	8	21	31	20
D.C. United	3	16	4	13	38	13

WESTERN CONFERENCE

	W	L	T	GF	GA	Pts
Real Salt Lake	12	7	5	39	26	41
Vancouver	10	7	6	36	30	36
Colorado	9	7	9	31	27	36
Portland	8	3	11	32	21	35
Los Angeles	10	9	4	35	30	34
Seattle	10	7	4	29	23	34
FC Dallas	8	6	9	30	33	33
San Jose	8	10	6	25	35	30
Chivas USA	4	13	6	20	40	18

Sunday's results
FC Dallas 3 Los Angeles 3
Chivas USA 1 Colorado 1
Saturday's games — All Times Eastern
D.C. United at Montreal, 7 p.m.
Toronto FC at Columbus, 7:30 p.m.
Chicago at New England, 7:30 p.m.
Philadelphia at New York, 8 p.m.
Seattle at Houston, 9 p.m.
Vancouver at Colorado, 9:30 p.m.
Real Salt Lake at Los Angeles, 10:30 p.m.
FC Dallas at Portland, 11 p.m.

CFL

WEEK 8

EAST DIVISION

	GP	W	L	T	PF	PA	Pts
Toronto	6	4	2	0	194	141	8
Hamilton	6	2	4	0	129	187	4
Montreal	6	2	4	0	135	177	4
Winnipeg	6	1	5	0	135	173	2

WEST DIVISION

	GP	W	L	T	PF	PA	Pts
Saskatchewan	6	5	1	0	210	129	10
Calgary	6	5	1	0	204	160	10
B.C.	6	4	2	0	143	142	8
Edmonton	6	1	5	0	128	169	2

Friday's game — All Times Eastern
Hamilton at Winnipeg, 8 p.m.
Saturday's games
Montreal at Saskatchewan, 4 p.m.
Calgary at B.C., 9 p.m.
Sunday's game
Edmonton at Toronto, 7 p.m.

There's a page for that in the new IKEA Catalogue.

Visit IKEA.ca/Catalogue to see it now.

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Horoscopes

♈ Aries
March 21 - April 20
If you start your day early and finish it late, you will get through ten tasks to every one your rivals manage to complete. Your momentum will keep you going through tomorrow and into the weekend.

♉ Taurus
April 21 - May 21
You seem to be torn between options, unable to decide which is the best route. Sit quietly for a few minutes and let your intuition guide you. Deep down you already know what the answer is.

♊ Gemini
May 22 - June 21
Ignore those who say you are going to fail, they don't know what they are talking about. Equally likely is that they fear your efforts will bring you huge success, making them look bad. Good — go for it!

♋ Cancer
June 22 - July 23
You don't have to face a tough situation alone today. You have friends all around you. All you have to do is reach out to them and they will gladly assist.

♌ Leo
July 24 - Aug. 23
With Mercury in your sign linked to genius planet Uranus, you will come up with ideas that could change the world. Even if you don't want to go that far, you can certainly change your life for the better.

♍ Virgo
Aug. 24 - Sept. 23
The next 24 hours may be a bit too noisy for your tastes but you will get through it OK. Instead of trying to avoid loud people why not, for a short time, get loud yourself.

♎ Libra
Sept. 24 - Oct. 23
Do what makes you feel good, rather than what makes others feel good. You have every right to pursue your own happiness and prosperity. Anyone who tells you otherwise is a fool.

♏ Scorpio
Oct. 24 - Nov. 22
Changes in your career or social life may make it difficult to plan ahead but that is not a bad thing. Today's Mercury-Uranus link will throw up an unexpected opportunity. Grab it with both hands.

♐ Sagittarius
Nov. 23 - Dec. 21
Sometimes it's OK to get angry. In fact, if someone annoys or provokes you today you must let them know about it in up-front terms. Some people, sadly, are simply too dim to learn any other way.

♑ Capricorn
Dec. 22 - Jan. 20
The best cure for doubt is action, so throw yourself at what you have to do today and forget everything else, at least for a while. You will find that what you have been worrying about is of no concern.

♒ Aquarius
Jan. 21 - Feb. 19
You may look cool and calm to the world at large but deep down you are actually a sensitive person and you must not try to deny it. Let your passion drive your actions.

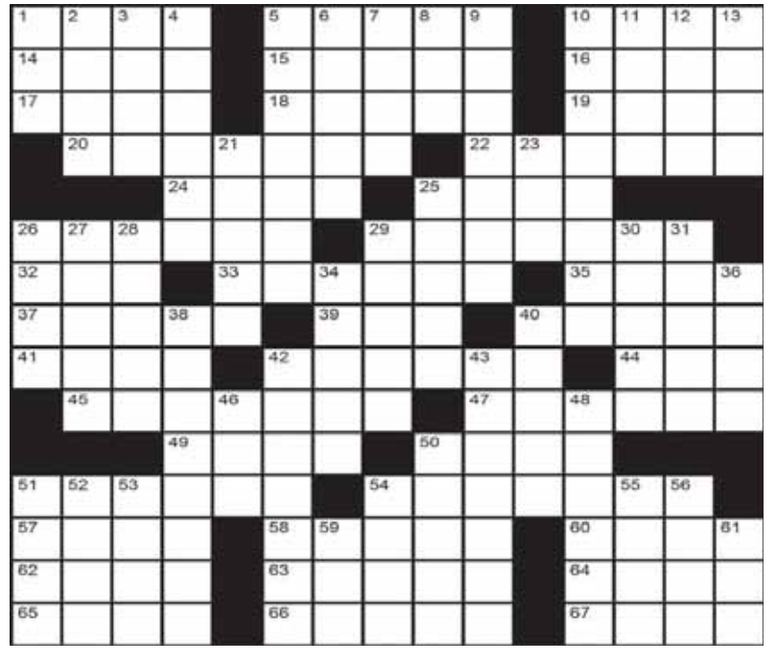
♓ Pisces
Feb. 20 - March 20
Open your mind to new possibilities, especially where money and related matters are concerned. Your instincts will guide you in the right direction.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



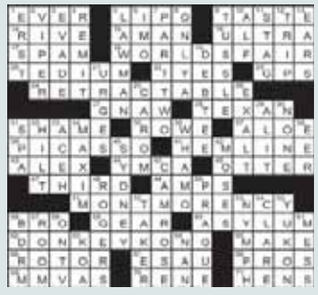
Across

1. Alphabet sequence
5. Military doc
10. Person, place or thing
14. __ mortals
15. Andrew Lloyd Webber musical
16. Competent
17. Regrettably
18. "__ '__ In": Wings song that goes "Someone's knockin' at the door."
19. Canadian hardware store
20. "Danny's Song" by Loggins and __
22. Belovedly win over
24. Superlative suffix
25. Move like a river
26. Art stands
29. Hybrid pastries currently a craze
32. Understood
33. Cowboy's prop
35. Dubai, United __ Emirates
37. Canadian actor Paul
39. Prince Valiant's son
40. Talk in a monotone
41. Colonnade of ancient Greek architecture
42. Machu __ (Inca archaeological site)
44. Stage actress Ms. Hagen
45. Toronto-born actress Ms. Watson whose name is Western-inspired
47. 2009 James Cameron movie
49. Vegetable variety
50. Dish of the day, __ du jour
51. Keep your cool: 2 wds.
54. __ cheese sandwich
57. __ the crack of dawn: 2 wds.
58. Detached in manner
60. Land amount
62. Ms. Remini
63. #10-Down's expression: "Doot __ Doot Doo..."
64. Certain carpet
65. Mr. Affleck's
66. County in England
67. "No Particular Place __ __" by Chuck Berry

Down

1. ABC's early li'l daytime show
2. Leadership position
3. "Dies __": Latin hymn meaning 'Day of Wrath'
4. Brit singer, __ J
5. "Canadian Idol" Season 3 winner Ms. O'Neil
6. Function
7. Ms. Von Teese
8. 'Meteor' suffix
9. Realm of Arthurian†legend
10. Interviewer, __ the Human Serviette
11. Woodwind
12. Forearm bone
13. Within earshot
21. Markets
23. Quebec turndown
25. Swiss currency
26. Scrambled servings
27. Major artery
28. "Cheers" seat
29. Approximately, in dates
30. Speckled fish
31. New†Mexico's capital, __ Fe
34. Broadway baritone John (b.1917 - d.2005)
36. Grizzly or Polar
38. Days of rest
40. Village in Saskatchewan
42. Fabricated beforehand
43. Nova Scotia's capital
46. Sushi bar's 'Unagi'
48. Etta James song Beyonce covered: 2 wds.
50. Worker, informally
51. Baby tulip
52. Sword sort
53. Scott of "Hawaii Five-0"
54. Mucky matters
55. Bon __ Provincial Park, ON
56. Pull along
59. 'L' in L.A.
61. Identity part

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

					7	4		
			6	8		7		
2	9	7				3		
8			7		4		6	
	3						9	
	7		8		1			4
		2				9	5	3
		4		6	2			
		3	5					

Yesterday's Sudoku

1	8	2	7	5	6	3	9	4
6	5	4	9	3	1	2	7	8
3	9	7	8	4	2	5	1	6
2	3	6	5	9	7	8	4	1
5	7	1	2	8	4	9	6	3
8	4	9	6	1	3	7	2	5
4	1	5	3	2	9	6	8	7
7	2	3	4	6	8	1	5	9
9	6	8	1	7	5	4	3	2

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Friday 24°/13° Showers 40%
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